**Region 23 Cross-Country Championship**

**October 19th, 2022 Monument Valley High School**

It is time again for the Region 23 Cross-Country Championship. Monument Valley High School is glad to host this meet. Please see attached map for the course. Visitors will please park in the parking lot north of MVHS. Buses, please park on the gravel area east of the outside basketball court. We are happy to have the opportunity to host this meet and wish you all success.

**Schedule:**

3:00p.m. Coaches Meeting- Football field

4:00p.m. Varsity Boys

4:10p.m. Varsity Girls

5:00p.m. Awards- Team trophy for Champion and awards for top 10 individuals.

**State qualifying:** Pg. 58 of UHSAA Handbook states:

The following teams will qualify:

* 100% of full teams (4-7 members) competing in the region meet will qualify.

The following individuals will also qualify:

* 1. The top three individual finishers at the region meet who are not on a qualifying team.
* 2. Any individual who is not on a qualifying team and did not qualify through item 1 who finishes in the top 10 overall at the region meet.

**Varsity:** A varsity team is 4-7 runners. JV runners are allowed, but only 7 will be counted for your team scores and awards. Only 7 can qualify for state from any team in each division.

**State Entries:** If your team or individual runners qualify for state, it is up to the coaches to enter their team’s entries on runnercard.com. **The password is: championships**

**Scoring:** Top 4 runners from each team determine score. In the event of a tie, the number 5 runner will be the tie breaker. If one of the teams does not have 5 runners, the number 4 runner will be used.

**Rosters:** Please have your complete roster (including grade level) on runnercard.com **no later than 7:00pm on October 18th.**

**Meet Directors:** Vanessa Russell, Alex Greenhalgh & Mark Dewsnup

**Rules Committee:** All attending Principals and Athletic Directors.

Thank you,

Vanessa Russell

Alex Greenhalgh

Mark Dewsnup