

## Region 5 Region Championship Race

**Place:** Weber County Fairgrounds

**Date:** Friday October 6<sup>th</sup>

**Officials:** Clifton Taylor, Jacob Malone

**Coaches Meeting:** 3:00 pm

**Time Schedule:**  
3:30 Girls JV  
4:00 Boys JV  
4:30 Girl Varsity  
5:00 Boys Varsity

**Course Length:** 3 – 3.1 Miles  
(The same as pre-region.)

**Entries:** Please enter your athletes on [runnercard.com](http://runnercard.com) by Noon on Thursday October 5<sup>th</sup>.

Coaches may run 9 runners in the "Varsity" Region Championship race if desired, but the scoring 7 must be clearly designated on the tag prior to the beginning of the race. Failure to do so disqualifies athletes from the top finisher of that school down, one for one over the limit of 7. These non-scoring individuals are **NOT** eligible for individual awards (top 10 medals) or for state qualification as an individual. It is understood the reason for the option to race an extra individual (or more) is to determine positions for the state meet only on the school team. Please write non-scoring on the tear tag and this will also be reported to runnercard before the race begins on Friday or entered before it closes on thursday.

**Specific Instructions for Extra Runners:** If you plan on running more than seven in a varsity race please do the following. Create a team for the non-scoring runners. You do not need to put athletes in the team, only create it. On Friday, Sam from runnercard, will move the runners you need to be non-scoring over to the non-scoring team. However, if you do know who is going to be non-scoring before runnercard closes on Thursday at Noon enter them in that race. Add them as an athlete in the non-scoring team and sign them up there instead to speed up the process for runnercard on Friday.

The screenshot shows the RunnerCard website interface. At the top, it says "High School-Jr High Web Registration" and "RUNNERCARD.com SERVICING CROSS COUNTRY AND TRACK". A navigation bar includes "HOME", "ABOUT", "CONTACT", and "Sign Off". A message states "Update to database was successful." Below this, a "Teams" section shows a list of teams: "Box Elder High School Track", "Box Elder HS Boys Cross Country", "Non-Scoring Box Elder HS Boys Cross Country", and "Cross Country". The "Non-Scoring Box Elder HS Boys Cross Country" team is circled in red. To the right, a "Progress" bar shows "100%". Below that, a "Your Teams" section lists the same teams, with "Non-Scoring Box Elder HS Boys Cross Country" also circled in red. At the bottom, a "Your Meets" section lists various events like "2014 Cache-Box", "Grizzly Invitational 2014", etc. The Windows taskbar at the bottom shows the date as 9/29/2017.

**Timing and Results:** Runnercard will be timing the race. Each runner will have a number with a tear tag and a printed label. Runners will pin the numbers to the front of the jersey. Please make sure all labels match numbers before you hand them out.

**Qualification for State (From the UHSAA website):** Finishers will qualify with UHSAA yearbook. Region 5 will qualify 4 teams to the state meet. Individuals will also qualify by meeting one of the following two standards.

1. The top 3 individual finishers at the region meet who are not on a qualifying team.
2. Any individual who is not on a qualifying team and who did not qualify through item 1 who finishes in the top 10 overall at the region meet.

In the case of this year for our region. This means the 5<sup>th</sup> place team will qualify 3 people to the state meet for the boys and girls.

**Academic All Region:** Please bring your printed certificates with you for academic all-region. You will receive the certificates from your principal/A.D. next week on Wednesday or Thursday to print their names on them. These will be presented before the awards for the races.

**Awards:** Medals will be awarded to the top 10 finishers in the varsity and JV races. The winner of the region trophy will be determined by the team scores in the varsity race.

**Course Assignments:** Finish Line – Box Elder, Viewmont, and Bountiful  
Road Crossings – Roy and Woods Cross  
Box Elder will also have additional help from the cheer squad.

**Helpers:** Each School needs to provide one helper for the meet. Please have them report at the finish line area at 3:00 pm for their assignment after the coaches meeting is complete.

**Water:** Please bring your own water and cups. We will have water there but may not have enough for everyone at the meet.

If you have any questions. Feel free to contact us at [jeffrey.rawlins@besd.net](mailto:jeffrey.rawlins@besd.net) or [wayne.mcconkie@besd.net](mailto:wayne.mcconkie@besd.net)