Date: September 2024

Dear Athletic Directors and Coaches:

On behalf of the Pennsylvania Association of Independent Schools Athletic Association (PAISAA), we would like to announce the details for this year’s Cross Country PAISAA State Championship. If your school is a current member of PAISAA, your team may participate regardless of league affiliation or season record.

Attached to this letter is additional information regarding the meet and how to enter athletes.

The participating schools will share the costs of hosting the meet, including professional timing, officials for the championships, course marshals, EMT and athletic trainers, as well as team plaques and individual medals. Each participating school will be billed by PAISAA after the meet.

[Please complete this form](https://docs.google.com/forms/d/e/1FAIpQLSf2chxpZQXjTkSuElSNhm_nkrPt8UE1b04rl4iThM8v9VWMOg/viewform) (one per school) if you will be entering this year.

We look forward to a competitive race and hope you will participate to ensure its success!

Sincerely,

The PAISAA Executive Board

***COACHES: IF YOU HAVE SEPARATE BOYS’ & GIRLS’ COACHES, PLEASE SHARE THIS INFORMATION.***

**Date:** Saturday, October 26, 2024 **Place:** Belmont Plateau, Philadelphia, PA

**Race Details:**

* 5000M scenic course. Course is a mix of grass and dirt roads on flat and rolling terrain.
* Spikes recommended; flats can be used
* Unlimited JV and Freshman entries
* Bibs will have chips or tags to expedite results and assure accuracy of timing and places
* Varsity teams must wear matching uniforms; JV runners must wear uniforms clearly indicating their school
* In the case of severe weather, the Rain Date will be Monday, October 28, with the same time schedule. Understanding that some teams might not be able to participate on the rain date, we will make every effort to run the meet on Saturday.

**Awards for:**

* Top three teams
* Individual Champions
* First Team All State (places 1-7)
* Second Team All State (places 8-14)
* Places 15-20
* Top 10 JV Girls
* Top 10 JV Boys
* Top 10 Freshman Girls 3000 meters
* Top 10 Freshmen Boys 3000 meters

**Schedule:**

* 11:00 – Course open for self-guided course walks with maps; course clearly marked with colored poles, if possible, please view the course before the day of the championship.
* 11:50 – Coaches’ Meeting
* 12:15 – Freshman Girls and Boys combined 3000 Meter Race (non-scoring, unlimited entries)
* 12:45 – JV Boys Race (non-scoring, unlimited entries)
* 1:25 – JV Girls Race (non-scoring, unlimited entries)
* 2:05 – Boys Varsity Race
* 2:40 – Girls Varsity Race

*Awards for freshman and JV races will be presented at the finish line. The Awards Ceremony for Varsity races will follow shortly after the completion of the final Varsity race.*

**Entries:** [**Athletes will be entered on-line through MileSplit**](https://pa.milesplit.com/meets/633483-pa-independent-schools-championships-paisaa-2024). Registration will be open from October 1 - October 23. Lexicon Timing will handle entries and timing again this year. Enter all your athletes into MileSplit; you do not have to designate a particular race for each runner.

**Questions? Please contact:**

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