

NC Home Educators - State Cross Country Championship Information

Date: Saturday, October 15, 2022

Site: Ivey Redmon Sports Complex, 788 Beeson Road, Kernersville, NC

Entry Fee and Number of Entries

There are 4 separate races for the 4 separate divisions: Boys Varsity, Girls Varsity, Boys Middle School, Girls Middle school. Each organization can enter one team in each division. . Girls and boys teams are considered separate teams. The entry fee for the first 10 runners on your team (Girls & Boys Separately) is \$60 per gender. If you would like to enter more than 10 runners the entry fee is \$15 per individual.

Entries and Deadlines

1. September 1, 2022 - _Team Registration and Preliminary Rosters Due via NCHEAC's website for eligibility check.
2. October 1, 2022 - Final Team Rosters & Individual Registrations due via NCHEAC (Submit Meet Payment)
3. October 9, 2022 -Deadline for teams to register athletes on MilesplitNC:
<https://nc.milesplit.com/meets/486511-nc-home-educators-cross-country-championships-2022#.YtVzZXbMI2w> If coaches are not familiar with this online entry website please go to it immediately and get a username and password and start entering your team and athletes into the meet. If you are having problems, please refer to the online entry instructions included with this information.

Race Format

Girls will run the first race, followed by the boys in both the middle school and varsity divisions. The prescribed course distance for both girls and boys middle school races is 2 mile. The prescribed course distance for both girls and boys varsity races is 5,000 Meters (3.1 miles).

Uniform

Each team member shall wear the same color and design team -issued legal uniform (jersey or t-shirt and same colored shorts).).

- A competitor shall wear the assigned competitor number (bib number) on the front of the jersey.

Team Scores

Team scores will be based on the team's top five (5) finishers. The sixth and seventh finishers on each team help to break ties in scoring. Team points will be decided by the position each runner attains against other teams, not including individual runners. Individuals get credit for their finishes, but places are not counted against team scores.

Awards

The winning girls team and boys and runner-up girls and boys teams trophies in each division. The top five (5) finishers in each race will receive medals.

Parking

Once you turn on Beeson Rd go approximately ¼ mile and turn right on the gravel drive at the three flag poles. Park in the gravel lot that is at the end of the gravel road.

Team Area

Team areas can be set up in the grass field that is between the gravel parking lot and the finish straightaway. This field is fenced in. Please make sure tents are secured to the ground with stakes and rope.

Meet Schedule

8:00 AM - Gates open for spectators and teams

9:15 AM - Coaches meeting

10:00 AM - Middle School Girls 2 Mile Race

10:30 AM - Middle School Boys 2 Mile Race

11:00 AM - Varsity Girls 5K Race

11:45 AM - Varsity Boys 5K Race

12:30 PM - Awards

If you have any questions or concerns please contact NC Home Educators Cross Country Championship Director, Rodney King at 336-416-8787.