

**2024 DISTRICT XI CROSS COUNTRY CHAMPIONSHIPS**  
*Presented by St. Luke's Health Network*

**DATES, LOCATIONS, TIMES OF CROSS COUNTRY DISTRICT CHAMPIONSHIP:**

Date: Wednesday, October 23, 2024

Raindate: Thursday, October 24, 2024

Location: DeSales University

Times:	Boys' 2A	1:00 p.m.	Awards	2:30-2:45 p.m.
	Girls' 2A	1:40 p.m.	Awards	2:30-2:45 p.m.
	Boys' 3A	2:20 p.m.	Awards	3:45-4:00 p.m.
	Girls' 3A	3:00 p.m.	Awards	3:45-4:00 p.m.
	Boys' 1A	3:40 p.m.	Awards	5:00-5:15 p.m.
	Girls' 1A	4:20 p.m.	Awards	5:00-5:15 p.m.

**PRACTICE DATES AND TIMES:**

The course will be closed for play on the practice days listed. These are the only days and times that runners may practice on the course. Please adhere to the practice times. Do not request additional practice dates and times.

Friday, September 20, 3:00 pm-7:00 pm

Saturday, September 21, 8:00 am-12:00 pm

Friday, October 4, 3:00 pm-7:00 pm

Saturday, October 5, 8:00 am-12:00 pm

**DISTRICT COMMITTEE PERSON IN CHARGE OF CHAMPIONSHIP:**

*Ray Kinder*

*570-985-6474*

*rkinder@tamaquasd.org*

**ELIGIBILITY FOR CROSS COUNTRY:**

Each school may enter seven runners (or fewer). A maximum of seven may run. Five runners must finish the race for the score to count as a team score. All entrants from a school must be accompanied by a coach or a faculty member from that school.

- Entries must be submitted online on or before **Thursday, October 17, 2024, by noon.**
- Coaches may use alternate runners on the day of the event.

**CUT-OFF DATE FOR ENTRIES:**

Entries Open: Thursday, October 3, 2024 1:00am

Entries Close: Friday, October 18, 2024 8:00am

**COURSE INFORMATION:** Grass--with hills. The entire course will be lined. Spiked shoes may be worn.

**UNIFORM RESTRICTIONS:** SCHOOL ISSUED UNIFORMS ONLY

**CHAMPIONSHIP SCORING:**

The first five persons of each team will be scored. The sixth and seventh persons will be tallied and may displace members of other teams finishing later. Your school's starting position will be pre-drawn.

**STATE MEET INFORMATION:** November 2, 2024, Parkview CC Course, Hershey, PA

**STATE MEET QUALIFIERS**

**TEAMS**

<u>1A GIRLS</u>	<u>2A GIRLS</u>	<u>3A GIRLS</u>	<u>1A BOYS</u>	<u>2A BOYS</u>	<u>3A BOYS</u>
2	2	2	2	2	2

**NON-TEAM INDIVIDUALS**

<u>1A GIRLS</u>	<u>2A GIRLS</u>	<u>3A GIRLS</u>	<u>1A BOYS</u>	<u>2A BOYS</u>	<u>3A BOYS</u>
10	10	10	10	10	10