



**ARCADIA VALLEY HIGH SCHOOL  
DISTRICT CROSS COUNTRY @ AV SPORTS COMPLEX  
C1D1/C2D1/C3D1  
October 30, 2021**

**TIME SCHEDULE:** Date: October 30, 2021

Location: Arcadia Valley Sports Complex

Times: *(unanimously decided on by the games committee)*

8:30am	Coaches meeting (not mandatory)
9:00 am.	Class 3 Boys (Top 7 runners)
9:40 am.	Class 3 Girls (Top 7 runners)
10:20 am	Class 2 Boys (Top 7 runners)
11:00 am	Class 2 Girls (Top 7 runners)
11:40 am	Class 1 Boys (Top 7 runners)
12:20 pm	Class 1 Girls (Top 7 runners)

**LOCATION:**

Arcadia Valley Sports Complex, Ironton, MO

520 Park Drive Ironton MO 63650

5000 Meter Cross Country Run (3.1 miles)

*(The course is located behind the schools. Take the Career Tech Road between the elementary and middle/high school)*

**COURSE DESCRIPTION:** The course is a two loop course that is flat (25 feet of elevation differential) and has mixed surfaces (grass, gravel and a little concrete) Start and finish lines are next to each other. Kilometers will be marked and also the 1 and 2 mile. The course is available for viewing any time. It is open to the public 24/7. If you would like to make special arrangements contact Don Barzowski (AV cross country coach) at 573-915-8398 or [dbarzowski@avr2.org](mailto:dbarzowski@avr2.org) (Map attached)

**ADMISSION FEE:** \$5.00

**SHIRT SALES:** (As far as we know) T-shirts will be sold at the competition. Costs: short sleeve tee sizes S-XL \$15.00 2XL \$17.00/Long sleeve tee sizes S-XL \$17.00 2XL \$19.00

**OFFICIALS:** Larry Clear & Steve Serniak

**AWARDS:** As results become available/approximate times:

10:30am Class 3 Awards

11:45am Class 2 Awards

1:00pm Class 1 Awards

***(\*\*Please be patient as we wait for timing results and organization of medals)***

Medals will be awarded to the top 15 place individual runners  
(boys and girls)

Plaques will be awarded to the 1st and 2nd place teams (boys and girls)

## **REMINDERS FROM OFFICIALS:**

1. Reminder: I realize this is stating the obvious, however, only up to 7 runners may start the race from the same Team. There have been numerous instances over the last couple years where a Team started 8 at a District or Sectional (any number greater than 7 results in a disqualification for the entire Team). We will check to the best of our ability prior to race start but ultimately this is the responsibility of the Coach.
2. The uniform compliance rule is in effect (for a Team). Foundation undergarments are not part of the uniform. For any Coach not attending the Coaches meeting this serves as the first warning.
3. GPS watches can be worn, no watch/device can have 2-way communication.
4. A 10/5/3 minute pre-race process will be utilized: A 10-minute gun before race start, 5-minute verbal before race start, 3-minute verbal (final run-outs at that time, and athletes should immediately return to the starting line for race instructions).
5. The standard Whistle / Flag starting procedure will be used. (will be explained to athletes during pre-race instructions).
6. Encourage athletes to leave their sweats on (assuming the weather is chilly or cold ) until removal is instructed.
7. Reminder: No pacing of a participating athlete is allowed (by any non-participant).

