**September 28, 2023**

**Virginia Independent Schools Athletic Association**

**Cross Country Championships**

Athletic Directors and Coaches,

Division I, II, and III teams from last year to this year will remain the same as this is the second year of the two-year cycle. For Fall 2024 will start the new two-year cycle (Fall 2024 and Fall 2025) based on your school’s 2023-2024 enrollment numbers that were submitted to VISAA.

Below is the information for this year’s VISAA Cross Country Championships.

**Site Information**:

* Site: Woodberry Forest School
* Date: Thursday, November 9, 2023
* Start Time: 11:00 AM

**Schedule of races**:

* 11:00 AM – Division I Boys
* 11:30 AM – Division I Girls
* 12:00 PM – Division I Awards
* 12:30 PM – Division II Boys
* 1:00 PM – Division II Girls
* 1:30 PM – Division II Awards
* 2:00 PM – Division III Boys
* 2:30 PM – Division III Girls
* 3:00 PM – Division III Awards

\*Based on feedback received we are trying this schedule format for the 2023 championships and will evaluate what will be the best format going forward.

**Password**: The password for this state championships will be VISAAXC2023

**Program & T-Shirt Rosters**:

* All rosters (program & t-shirts) will need to be turned in by **Friday, October 13, 2023**. No exceptions.
  + If you **do not** turn it in in the correct format it will be sent back to you to correct. Please email the following person your template based on your school’s name in the alphabet.
  + All submissions need to be in **Excel** or **Google Sheets**. **No exceptions**.
  + A – M: Becca Lavoie, Miller School, <blavoie@millerschool.org>
  + N – Z: John Green, St. Christopher’s School, [greenj@stcva.org](mailto:greenj@stcva.org)
  + When emailing your rosters please CC Katie Cimini and me in your email.
    - Katie Cimini, Co-Chair, Eastern Mennonite, [Kathleen.cimini@gmail.com](mailto:Kathleen.cimini@gmail.com)
    - Jeremy Eubank, Chair, [jeubank@northcross.org](mailto:jeubank@northcross.org)

**Notes:**

* **Boys** – 25 minute time limit – across all three divisions
* **Girls** – 30 minute time limit – across all three divisions
* In reviewing the data this allows us to have a more competitive championship races and allows for us to keep on the schedule outlined above.
* Each runner must **have three timed results by a system** not by hand timing. This will be verified throughout the season.
* Entries are done via Milestat, **not** **by email**.
* **Entry Fee**: If you have a full team (**5 or more runners** the price *is $100 per gender*. If you are only running individuals the price is $10. If you are a coed school with a full team on both sides, the cost is $200. For payment information please reach out to Meet Director, Jeremy Eubank (jeubank@northcross.org; 434-221-4656).
* We are looking for volunteers to help with gate/admission. We are wanting to do this in shifts, parents would be able to get in for **free for volunteering**, and would be allowed to enter for free for volunteering. We need volunteers to help with gate/admission this would be to help with online ticketing and paper ticketing. What we are looking for is:
  + 4 volunteers for the Division I Boys and Girls
  + 4 volunteers for the Division II Boys and Girls
  + 4 volunteers for Division III Boys and Girls
  + If you are interested please email the following people:
    - Frank Kahrs, Grace Christian School – [fkahrs@gcswarriors.org](mailto:fkahrs@gcswarriors.org)
    - Jeremy Eubank, Chair – [jeubank@northcross.org](mailto:jeubank@northcross.org)
    - Katie Cimini, Co-Chair – [Kathleen.cimini@gmail.com](mailto:Kathleen.cimini@gmail.com)