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September 2024

Athletic Directors and Coaches,

I hope you all are having a good Summer! I am pleased to announce that the **2024 VISAA Cross Country Championships** will be held in Earlysville this coming Fall at Panorama Farms.

**SITE INFORMATION:**

- Site: Panorama Farms, 400 Panorama Road, Earlysville, VA 22936
- Date: Thursday, November 7, 2024
- Start: 11:00 AM; course opens at 9:30 AM;
  - Once races start, runners that are not in the race are not allowed to be on the course.
- Porta Johns are available on site;
- Concessions will be made available.

**DIVISION ALIGNMENT:** This is the first year of the two year cycle (2024 - 2026) divisional classification based on the number of students submitted in September 2023. As a reminder this year's championships will be three divisions. Please refer to the division alignment that was sent out by Jeremy Eubank, Meet Director, Director of Athletics - North Cross School (jeubank@northcross.org). Some schools will have boys and girls in different divisions. If you need the division alignment please reach out.

Boys Division Breakdown:

**Division I:** 180 and higher

**Division II:** 179 - 91

**Division III:** 90 and below

Girls Division Breakdown:

**Division I:** 161 and higher

**Division II:** 160 - 76

**Division III:** 75 and below

**Where:** Panorama Farms, 400 Panorama Road, Earlysville, VA 22936

**ADMISSION FEE:** VISAA will charge a fee of \$10.00 for admission for the Championships. Please make parents aware of this policy. Tickets must be purchased on GoFan. A ticket is the only way to get onto the meet site for spectators.

<https://gofan.co/app/school/VISAA>



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**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. Entries fees should be paid prior to the state championships by Wednesday, November 6, 2024.

All entry fees need to be made payable to VISAA and mailed to

- Adam Brick, VISAA Executive Director
- 344 Maple Ave W, #102
- Vienna, VA 22180

**SCHEDULE:** Please review the schedule change for this year. Check-in will begin at 9:30 AM.

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

**DRESSING:** All competitors are asked to arrive at the course dressed. We are asking that all runners be in the same uniform/similar to all runners on the team. Locker rooms and towels **will not be available**. There will be porta-johns on site.

**PROGRAM & T-SHIRTS:** All rosters (program & t-shirts) will need to be turned in by **Friday, October 11, 2024**. **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](mailto: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)



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**ENTRIES:** Entries will be done online at [milestat.com](http://milestat.com). Please submit entries by **midnight Sunday November 3, 2024**. (There is a limit of 10 entries per school per gender 2 alternates are included in that total number of 10).

- Boys - 25 minute time limit - across all three divisions; **all entries** have to meet the requirement (including alternates).
- Girls - 30 minute time limit - across all three divisions; **all entries** have to meet the requirement (including alternates).
- As a reminder, for any athlete that qualifies by time, must have three completed races at the 5K distance. We stress this as we know some invitationals will only allow 8th grade runners to compete at the middle school level.
- All entries are required to be entered on MILESTAT.
- **Password** for the meet is VISAAXC2024

Each runner must have three timed results by a system not by hand timing. This will be verified throughout the season.

**COACHES/ADDITIONAL PERSONNEL** -All coaches must check in at the COACHES TENT to pick up their information. All teams are required to have a coach or volunteer at the finish to deal with any possible medical issues at the finish line and to assist runners through the chute. Instruct your runners to continue moving through the chute, do not let them stop at the finish line.

**TENTS:** Team tents can be set- up in the assigned areas, we will provide a map from Panorama Farms as we get closer to the date.

**TRASH:** Teams are responsible for picking up after themselves.

**PARKING:** BUS DRIVERS-Buses will be directed where to park.

**MEDICAL POLICY:** The top priority of our medical staff is to respond to life threatening medical emergencies. There will be a trainer(s) on site to treat athletes, coaches, and spectators as needed.

For questions concerning the meet please contact Jeremy Eubank (Meet Director), Director of Athletics at North Cross. Who is the VISAA Cross-Country Chair. Please do not give out this information to parents/spectators; this is met for coaches and athletic directors.

Email: [jeubank@northcross.org](mailto:jeubank@northcross.org)

Phone number: 540-200-9167

Regards,

Jeremy Eubank, CMAA

*Director of Athletics* | **North Cross School**