



**PRESTON CROSS COUNTRY**  
400 Preston Drive  
Kingwood, WV 26537

**Paul Martin - Head Boys Coach**  
**Brian Miller - Head Girls Coach**  
**Paul Sines - Assistant Coach**

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## Region I AAA Cross Country Championship

**When:** Thursday, October 18<sup>th</sup>, 2007

**Where:** The **Region I AAA Cross Country Championship** will take place at Preston High School in Kingwood, West Virginia. The campus of Preston High overlooks the Allegheny Front and the Cheat River Valley. The course is challenging with a mixture of flats, meadows, hills, and wooded trails. The course was redesigned in 2005 to make it a full 5000 meters. Other than the section of the course nicknamed "Hillacious", the course is approximately 12 feet in width. The course starts and finishes inside "Knights Stadium" and is very viewer friendly. Course record holders are Mikias Gelagle of Eleanor Roosevelt High School (16:13.50 - 2005) and Rachel Buser of Berkeley Springs (19:07.26 - 2005).

**Event Schedule:**

4:45 p.m. - Varsity Girls Championship Race (5000 Meters)  
5:30 p.m. - Varsity Boys Championship Race (5000 Meters)  
6:15 p.m. - Awards Ceremony

**Awards:** The top ten individuals in the varsity high school races will receive medals courtesy of Preston High. The winning boys and girls varsity teams will receive regional championship plaques supplied by the W.V.S.S.A.C.

**State Meet Qualification Standards:** The top ten individuals in each race will automatically qualify for the State Championship at Cabell Midland High School on Saturday, October 27<sup>th</sup>. In addition to the individual qualifiers, the following number of teams that start the regional race will qualify for the State Championship: 1-3 complete teams = 1 team, 4-6 complete teams = 2 teams, 7-9 complete teams = 3 teams, 10 or more teams = 4 teams.

**Concessions:** Hot and cold concessions will be available from the Preston High Cross Country parents. The menu will consist of pizza, hotdogs, pepperoni rolls, nachos, pop, water, sports drinks, and coffee. Coaches will receive a voucher for a free meal.

**T-Shirts:** An order form for the official "**Region I AAA Championship**" t-shirt will be provided to each school. The shirts will be "Texas burnt orange" with black and white screens. Short sleeve (\$10.00) and long sleeve shirts (\$15.00) will be available. The deadline to order shirts is Thursday, October 11<sup>th</sup> at 3:30 p.m. Order forms are to be returned via fax or email. A limited number of t-shirts will be available the day of the race. Each coach that has an order of 10 or more will receive a free short sleeve t-shirt.

**Admission:** Per the West Virginia Secondary Schools Activities Commission, the price of admission will be \$6.00 for adults and \$5.00 for students.

**Parking:** Team buses, coaches, and the handi-capped are asked to park at the rear of the school (nearest the football field). All other spectators and athletes are asked to park in the front of the school. Please do not park against the fence that separates the track from the parking lot.

**Course Tours:** Schools may make appointments to tour the Preston High Cross Country Course from 3:30 to 6:00 p.m. on October 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup>, or 17<sup>th</sup>.

**Team Entries:** All schools must enter their athletes using [www.Athletic.net](http://www.Athletic.net) or Hytek's Team Manager Lite. Faxed or mailed entries will not be accepted. **Please only enter a maximum of ten athletes (seven varsity runners and three alternates).** Complete instructions on how to use Athletic.net or Team Manger Lite can be found at our website: [www.PrestonRun.com](http://www.PrestonRun.com).

**Deadline:** Please have all entries submitted electronically by Friday, October 12<sup>th</sup> at 3:30 p.m.

**Preston High School**  
400 Preston Drive  
Kingwood, WV 26537  
c/o Coach Paul Martin

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