

TO: NCHSAA CROSS COUNTRY TRACK COACHES  
FROM: CHIQUANA DANCY, DIRECTOR  
RE: CROSS COUNTRY REMINDERS  
DATE: AUGUST 7, 2017

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Welcome to the 2017 fall sports season! As you prepare for your first official contest, there are a few things that I would like to share with you.

- State Meet
  - Saturday, November 4, 2017 at Ivey M. Redmon Sports Complex in Kernersville, NC
  - State Meet Director: Paul Egleston, Northwest Guilford High School
  - Race times can be found on the Cross Country page.
  - The top twenty-five percent (25%) of teams in each classification from each regional will qualify to the state meet. (i.e. 23 teams entered for regional competition x .25 = 6 teams advancing to states) *Note: A school must enter at least five athletes to be considered a team for regional competition.*
- Regional Meets
  - Saturday, October 28, 2017
  - Use NC MileSplit (<http://nc.milesplit.com>) to enter teams into the regionals.
  - Each school is allowed to enter up to seven (7) individuals for regional competition. **Please have a copy of your registration confirmation at the Regional Meet.**
  - **Entries are due no later than 3:00pm on Friday, October 20, 2017.**
  - Late entries may be submitted to the NCHSAA, using the form posted on the website, no later than **3:00pm on Monday, October 23<sup>rd</sup>**. A \$50 fee will be assessed for each individual entry.
  - Regional hosts and directors are posted on the Cross Country page.
    - Regions missing a host site and director: **1A Mideast, 1A West, 2A East, 2A West**
    - **If you are planning to host or would like to host, please contact me as soon as possible.**
- Rules Reminders
  - All regular season and conference meets must be completed before the regional entry deadline. Schools are not allowed to participate in meets after the entry deadline (Oct. 20<sup>th</sup>).
  - The NFHS 2017 Track & Field and Cross Country Rules Book is applicable this fall.
  - GPS devices are not permitted. Watches with GPS function are also prohibited.
  - Uniform Reminders:
    - Any visible garment(s) worn by two or more team members **underneath the uniform top** shall be unadorned and of the same single, solid color, but not necessarily the same length.
    - Any visible garment(s) worn by two or more team members **underneath the uniform bottom, extending below the knees**, shall be unadorned and of the same single, solid color, but not necessarily the same length.
    - As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment.

Good luck to you and your teams!!