Cross Country

Head Coach: David Self
Assistant Coaches: Cutter Bernhard, Jesse Parker, Tyler Sunwall and Jonny Tipton

Sam Houston State University
UIL Region III Cross Country Preview

Date: Saturday, September 8, 2018
Location: Kate Barr-Ross Park
Entry Deadline: Tuesday, September 4 at 6:00 pm
Entry Procedure: All entries will be done online through Direct Athletics
Entry Fee: Boys and Girls are SEPARATE teams! $10 per athlete entered, max of $250 per team

Entry Fee is to be paid during packet pick-up on Saturday morning or mailed to:
SHSU Track & Field
Box 2268
Huntsville, Texas 77341
Checks payable to: SHSU Cross Country

There will also be an option to pay for your entries on Direct Athletics. THIS IS NOT REQUIRED! YOUR ENTRIES WILL BE ACCEPTED WHETHER YOU PAY ONLINE OR NOT! If you do want to pay on Direct Athletics, you must pay prior to 6:00 pm on Tuesday, September 4.

Please note that you will have to pay cash at the meet for your entries if your check is “in the mail” and not received on or before September 8.

Entry Limits: Up to 10 athletes per team will be allowed to compete in each varsity division. Up to 20 athletes per team will be allowed to compete in each junior Varsity division. Unlimited entries in the open division.

Team Scoring: Team scores will be computed by totaling the top five runners’ finish positions. The 6th and 7th runners will count as displacers. Runners 8 and beyond will not be figured into the team scores but will be given official times. Teams with less than five runners will not be totaled in the team scores.

Packet Pick-Up: Packets may be picked up Saturday morning starting at 6:00 am. Packet pick-up will be located in the small brick building just west of the starting line.
Numbers/Chips: Numbers, pins and chips can be found in each packet. Each number/chip will be assigned to a specific athlete. Please be sure that each athlete’s number is visible on the front of their uniform.

For entered athletes who don’t compete or don’t finish the race, please make sure to turn in the timing chips to packet pickup!!!!!!

Race Times: Saturday, September 8, 2018
8:05 AM  Varsity Boys ELITE  5,000M
8:25 AM  Varsity Girls ELITE  5,000M
8:50 AM  Varsity Boys Orange (5A-6A)  5,000M
9:15 AM  Varsity Girls Orange (5A-6A)  5,000M
9:40 AM  Varsity Boys White (1A-4A)  5,000M
10:05 AM  Varsity Girls White (1A-4A)  2 Miles
10:25 AM  Junior Varsity Boys Gold  5,000M
10:50 AM  Junior Varsity Girls Gold  5,000M
11:15 AM  Junior Varsity Boys Silver  2 Miles
11:30 AM  Junior Varsity Girls Silver  2 Miles
11:50 AM  Open Boys  2 Miles
12:05 PM  Open Girls  2 Miles

Results: All results will be posted live at www.flashresultstexas.com and will be posted at www.gobearkats.com following the competition.

Awards: Medals will be presented to the top 10 finishers of each high school division. Plaques will be given to the winning team in each high school varsity division.

Parking: Parking is $5 per vehicle (cash only). There will be no cost of parking for school buses and clearly marked school vehicles (no passes needed). Unmarked school vehicles need to email cbb012@shsu.edu prior to 5PM on Thursday, September 6 and your name will be placed on a pass list to allow you entrance to the park.

Parking lots will open at 5:45 AM on the day of competition.

T-Shirts: T-Shirts will be sold at the meet site the day of competition.

Directions to Course: From the South: Traveling north bound on I-45, take exit #118. Turn right on to TX-75. Kate Barr-Ross Park will be a quarter mile down on the left.

From the North: Traveling south bound on I-45, take exit #118. Turn left on to TX-75. Kate Barr-Ross Park will be a quarter mile down on the left.

Physical address of Kate Barr-Ross Park
480 State Highway 75 N
Huntsville, TX 77320

Meet Director: Jesse Parker
(936) 294-3127
jparker@shsu.edu

For meet information on-line, go to www.gobearkats.com. Choose “Cross Country” from the Men’s or Women’s Sports drop down menu on the top.