Sam Houston State University
UIL Region III Cross Country Preview

Date: Saturday, September 7, 2019

Location: Kate Barr-Ross Park

Entry Deadline: Tuesday, September 3 at 6:00 pm

Entry Procedure: All entries will be done online through Direct Athletics
Search: “Region III Cross Country Preview”

Entry Fee: $10 per athlete entered, max of $250 per team
Boys and Girls are SEPARATE teams!

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

To pay via credit card, please call (936) 294-3355 during
normal business hours (8am to 5pm) Monday through
Friday. If no answer, please leave a voicemail and your call
will be returned.

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.

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 7, 2019

- 8:05 AM  Varsity Boys ELITE  5,000m
- 8:30 AM  Varsity Girls ELITE  5,000m
- 8:55 AM  Varsity Boys Orange (5A-6A)  5,000m
- 9:25 AM  Varsity Girls Orange (5A-6A)  5,000m
- 9:55 AM  Varsity Boys White (1A-4A)  5,000m
- 10:25 AM Varsity Girls White (1A-4A)  2 Miles
- 10:50 AM Junior Varsity Boys Gold  5,000m
- 11:20 AM Junior Varsity Girls Gold  5,000m
- 11:50 AM Junior Varsity Boys Silver  2 Miles
- 12:10 PM Junior Varsity Girls Silver  2 Miles

**Results:**

All results will be posted live at
[www.flashresultstexas.com](http://www.flashresultstexas.com) and will be posted at
[www.gobearkats.com](http://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 divisions.

**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 5 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:**

Physical address of Kate Barr-Ross Park
486 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](http://www.gobearkats.com). Choose “Cross Country” from the Men’s or Women’s Sports drop down menu on the top.