

# 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 10, 2016

**LOCATION:** KATE BARR-ROSS PARK

**ENTRY DEADLINE:** TUESDAY, SEPTEMBER 6 AT 5:00 PM

**ENTRY PROCEDURE:** ALL ENTRIES WILL BE DONE ONLINE THROUGH DIRECT ATHLETICS

**ENTRY FEE:** BOYS AND GIRLS ARE SEPERATE TEAMS!  
\$100 PER TEAM IN THE VARSITY ELITE DIVISIONS  
\$50 PER TEAM IN ALL OTHER DIVISIONS

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

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 6.

**ELITE DIVISION ENTRY:** FOR THOSE WISHING TO ENTER THE VARSITY ELITE DIVISIONS, AFTER COMPLETING YOUR ENTRIES VIA DIRECT ATHLETICS YOU NEED TO EMAIL JESSE PARKER ([JPARKER@SHSU.EDU](mailto:JPARKER@SHSU.EDU)) INDICATING YOUR DESIRE TO PARTICIPATE IN EITHER THE BOYS AND/OR GIRLS VARSITY ELITE DIVISIONS. ONCE ENTRIES HAVE CLOSED, THE TOP 25 TEAMS EXPRESSING AN INTEREST IN THE VARSITY ELITE DIVISIONS WILL BE SELECTED BY THE MEET DIRECTORS. ENTRIES INTO THIS DIVISION WILL BE POSTED ON WEDNESDAY, SEPTEMBER 7 AND ALL DECISIONS ARE FINAL!

**ENTRY LIMITS:** UP TO 10 ATHLETES PER TEAM WILL BE ALLOWED TO COMPETE IN EACH VARSITY AND JUNIOR VARSITY DIVISION. UP TO 20 ATHLETES PER TEAM WILL BE ALLOWED TO COMPETE IN THE FRESHMEN/OPEN DIVISION.

**RACE TIMES:****SATURDAY, SEPTEMBER 10, 2016**

8:15 AM	VARSITY BOYS ELITE	5,000M
8:40 AM	VARSITY GIRLS ELITE	5,000M
9:05 AM	VARSITY BOYS ORANGE (5A-6A)	5,000M
9:30 AM	VARSITY GIRLS ORANGE (5A-6A)	5,000M
9:55 AM	VARSITY BOYS WHITE (1A-4A)	5,000M
10:20 AM	VARSITY GIRLS WHITE (1A-4A)	2 MILES
10:40 AM	JUNIOR VARSITY BOYS GOLD	5,000M
11:05 AM	JUNIOR VARSITY GIRLS GOLD	5,000M
11:35 AM	JUNIOR VARSITY BOYS SILVER	2 MILES
11:55 PM	JUNIOR VARSITY GIRLS SILVER	2 MILES
12:15 PM	FRESHMEN/OPEN BOYS	2 MILES
12:35 PM	FRESHMEN/OPEN GIRLS	2 MILES

**TEAM SCORING:**

TEAM SCORES WILL BE COMPUTED BY TOTALING THE TOP FIVE RUNNERS' FINISH POSITIONS. THE 6<sup>TH</sup> AND 7<sup>TH</sup> 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 6:30 AM. PACKET PICK-UP WILL BE LOCATED IN THE SMALL BRICK BUILDING JUST WEST OF THE STARTING LINE.

**NUMBERS:**

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.

**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 [JPARKER@SHSU.EDU](mailto:JPARKER@SHSU.EDU) PRIOR TO 5PM ON THURSDAY, SEPTEMBER 8 AND YOUR NAME WILL BE PLACED ON A PASS LIST TO ALLOW YOU ENTRANCE TO THE PARK.

PARKING LOTS WILL OPEN AT 6:00 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

**FOR FURTHER INFORMATION:** PLEASE CONTACT JESSE PARKER BY PHONE AT (936) 294-3127 OR BY EMAIL AT [JPARKER@SHSU.EDU](mailto: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.