

**WELCOME TO THE 2011
4A and 3A
EASTERN WASHINGTON REGIONAL
CROSS COUNTRY CHAMPIONSHIPS**

Location of Race: Wandermere Golf Course – North Spokane, Washington

Date: October 29, 2011

This location is approximately 9 miles north of I-90 on Highway 395. You will take the Division Street exit from I-90 and travel north on the Division/Ruby Corridor. This corridor will turn into 395 north of Spokane. Take the Wandermere Golf Course exit.

Meet Schedule:

Friday, October 28

4:00 pm Course Preview

Saturday, October 29

11:30 am Coaches meeting will be held in the restaurant

12:00 Course Preview

1:30 pm Girls' 3A Race

2:00 pm Girls' 4A Race

2:30 pm Boys' 3A Race

3:00 pm Boys' 4A Race

3:30 pm Halloween Run (Alternates only)

4:00 pm Awards

Length: 3.1 Miles

Meet Director: Grant "Butch" Walter Central Valley High School
E-Mail: gwalter@cvsd.org

Special Note to Athletic Directors and Cross Country Coaches

All entries must be submitted to Athletic.net. Registration for the Regional Meet must be completed by Tuesday, October 25. Results from both the District 8 (GSL) and CBBN Championship meets will be posted by the meet directors following the meets. They must be posted by Monday, October 24.

You should register your top nine (9) runners knowing that on race day only your top seven (7) runners may compete.

The alternates will be assigned a number, so the computer will have any possible runners. Coaches need to ensure their correct amount and that the correct runners are competing.

Admission: \$6.00 Adult

\$4.00 Students and Senior Citizens

Games Committee: Jay Rydell, Ivan Corley, and Paul Stephens

Packet Pickup: A packet for each team will be available at 4:00 pm Friday, October 28.

- Two course maps (one color – one black & white)
- Lane assignments for each race
- Numbers and pins for competitors and alternates
- Gate passes for coaches and managers
- State cross country information
- Time schedules for the meet
- Protest form
- Race correction form

Course Preview: Course preview will be Saturday, October 29 at Noon.

Halloween Run: This is not a State Qualifying event and therefore only athletes that have not competed in 10 events may participate in this run. This run is for team alternates only (runners 8 & 9) and not for extra runners that may be attending the regional meet.

Warm Downs: These will need to take place off of the course

Golf Course Damage: (If applicable) Fees will be assessed to schools or leagues responsible.

Water: Teams will be expected to provide their own water for the athletes.

We hope you all have a great meet!!

Sincerely,

Grant Walter
GSL Cross Country Coordinator