



2009 CWAC District Cross Country Championships
Hosted by Quincy High School
@ The Gorge Amphitheater
October 31, 2009

Contact Information: Manager: Bill Alexander,
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Race directors :John Heikkila, jheikkil@qsd.wednet.edu, Tom Turner,
tturner@qsd.wednet.edu

Rosters: Please email your rosters/entries to athletic.net by Thursday, October 29th. Make any updates on athletic.net by Friday if you have any changes. **There will be no changes at the meet.**

Time Schedule:

12:00 Boys 3.1 mile, 12:30 Girls 3.1 mile, 1:00 JV Boys 3.1 mile, 1:30 JV Girls 3.1 mile
2:15 Awards

The races:

You may run up to 7 runners in each varsity race and an unlimited number in each JV race. There will be no assigned starting boxes. There will be a video camera at the finish line to insure proper placing of runners.

Awards: Awards will be presented immediately after the conclusion of the JV girls' race. I will not be posting the results prior to the awards. Coaches only are welcome to review the results for any possible discrepancies before the awards if you wish. Complete results will be available after the awards presentation. State allocations include the top three boys' teams, top 15 individual boys, top three girls' teams and top 15 individual girls. Before you leave I will need a list of your team members that qualify for state along with two alternates.

T-shirts: T-shirts will be available for athletes to purchase.

Restrooms: No locker room facilities. Honey buckets only.

Course: The course is 3.1 miles, mostly on grass with about 100 meters of pavement the runners will run over once. See attached map.

Pass List

10 District Supervisors (please FAX prior to Friday, October 30th) please use district supervisor form. (attached)

Admission Prices:

1. Adults -\$6.00
2. Students - \$4.00 W/ASB (Gr. 9-12) otherwise they must pay adult prices.
3. Senior Citizens - \$4.00
4. NO CWAC League passes.
5. WSCA/WSSAAA/Dist. 5/6 passes will be honored.
6. Gates will be open one hour before race time.

Looking forward to a great District Championship!

Bill "Alex" Alexander, AD QHS, walexand@qsd.wednet.edu, cell: 237-1590