

Region Cross Country Championships
Region 6 AAA, Region 6 A-AA, Division II Class A, Region 5 A-AA
Thursday, **October 27th 2016** Percy Warner Steeplechase Course

Meet Schedule:

6 AAA Girls – **8:00AM**
6 AAA Boys – **8:40AM**
6 A-AA Girls – **9:20AM**
6 A-AA Boys – **10:00AM**

DII Class A Girls -**10:40AM**
DII Class A Boys -**11:20AM**
5 A-AA Girls - **12:00PM**
5 A-AA Boys -**12:40PM**

All-Comers Boys followed by Girls two minute Stagger Start - JV Race
(Unofficial-no scoring/awards) - 1:20PM

*There are **four** requirements for entry, please understand that if you were to qualify for the State Championships, this process of entry satisfies your teams entry into State as well. You may enter up to 10 athletes for Regions, any of which seven may run in State, should the team qualify.

1. Most Time Sensitive, as they must be mailed... Region Fees

Boys Divisional Entry - **\$70.00**

Girls Divisional Entry - **\$70.00**

*Please understand that there will be no exceptions in fees for just a few runners. If you have an entry in a division period, the fee applies.

Please make **checks payable** to: Region XC

Mail checks to: Region XC, 2551 Stinson Rd. Nashville, TN 37214 **(Please mail by Monday 10/17/16)** to allow arrival prior to the **deadline of 10/24/16 at Midnight!**

2. Fax/email Entries to: 615-262-6957 **Attn: Coach Motta** OR **email:** tamotta2007@yahoo.com
Due Monday, October 24th 2016.

3. Fax/Mail Entries to: 615-889-0544 **Attn: Richard McWhirter** OR **mail:** 3333 Lebanon Road Hermitage, TN 37076, Phone: 615-889-6740, **Due Monday, October 24th 2016.**

4. Online Entries: tennesseerunner.com, (link at alltraxtiming.com as well). Coaches **MUST** login (create a username and password) in order to claim and enter your teams! Once this is done search the calendar link go to 10/27, and find your appropriate classification for the Region meet. Available now... **Due Tuesday, October 25th at Noon.**

VERY IMPORTANT!!!!!!!!!!!!!!

Entry Forms:

Please use the entry form attached and follow the instructions at bottom of form, be sure to have your principal sign it, **very important!**

*Reminder there is a **\$25.00** per day fine for late entries. **This WILL be enforced!**

Late entries are a huge problem; your help is greatly appreciated!!!

Late is defined as of **midnight on 10/24/16**, this includes **entry fee payment** as well as **mailed/faxed or emailed** entry forms as well!

Please review information pertaining to cross country in the 2016-2017 TSSAA Handbook. Also, access this information on the TSSAA website at www.tssaa.org. Coaches and athletes are responsible for knowing the rules!

**Tennessee Secondary School Athletic Association
CROSS COUNTRY ENTRANCE BLANK**

I certify that the students whose names appear below are eligible to represent our high school in the TSSAA Cross Country Meet, which will be held at Steeplechase under the direction of Anthony Motta.

GIRLS		BOYS	
Name	Grade	Name	Grade
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
3. _____	_____	3. _____	_____
4. _____	_____	4. _____	_____
5. _____	_____	5. _____	_____
6. _____	_____	6. _____	_____
7. _____	_____	7. _____	_____
8. _____	_____	8. _____	_____
9. _____	_____	9. _____	_____
10. _____	_____	10. _____	_____

Date: _____

Principal: _____

School: _____

Coach: _____

The meet director is instructed to admit no team or runner until this form has been filed with him/her and with the state office. If any contestant listed on this sheet qualifies for the State Cross Country Meet, the director shall mark off the names of all contestants that fail to qualify and forward this form to the director of the state meet.

Fax one copy to the Meet Direct, mail/fax a copy to the Executive Director TSSAA, 3333 Lebanon Road, Hermitage, Tennessee 37076, and keep a copy for school record.