

TO: NCHSAA CROSS COUNTRY COACHES
FROM: CHIQUANA DANCY, DIRECTOR
RE: CROSS COUNTRY REMINDERS
DATE: AUGUST 14, 2018

Welcome to the 2018 fall sports season! Please make note of the following important information and updates.

- State Meet
 - Saturday, November 3, 2018 at Ivey M. Redmon Sports Complex in Kernersville, NC
 - State Meet Director: Jason Bryant, Surry Central High School
 - Race times can be found on the Cross Country page.
 - The top twenty-five percent of teams (or top 4, whichever is greater) in each classification from each regional will qualify to the state meet. (i.e. 23 teams participated during regional competition x .25 = 6 teams advancing to states)

- Regional Meets
 - Saturday, October 27, 2018
 - Use NC MileSplit (<http://nc.milesplit.com>) to enter teams into the regionals.
 - Each school is allowed to enter up to seven (7) individuals for regional competition. **Please have a copy of your registration confirmation at the Regional Meet.**
 - **Entries are due no later than 3:00pm on Friday, October 19, 2018.**
 - Late entries may be submitted to the NCHSAA, using the form posted on the website, no later than **3:00pm on Monday, October 22nd**. A \$50 fee will be assessed for each individual entry.
 - Regional hosts and directors are posted on the Cross Country page.

- Rules Reminders
 - All regular season and conference meets must be completed before the regional entry deadline. Schools are not allowed to participate in meets after the entry deadline (Oct. 19th).
 - The NFHS **2018** Track & Field and Cross Country Rules Book is applicable this fall.
 - GPS devices are not permitted. Watches with GPS function are also prohibited.
 - Uniform Reminders:
 - Any visible garment(s) worn by two or more team members **underneath the uniform top** shall be unadorned and of the same single, solid color, but not necessarily the same length.
 - Any visible garment(s) worn by two or more team members **underneath the uniform bottom, extending below the knees**, shall be unadorned and of the same single, solid color, but not necessarily the same length.
 - As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment.

Good luck to you and your teams!!