

*student-athlete focused
membership driven*

TriadMathandScienceAcademy



**SINCE
1913**

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CROSS COUNTRY ROUND TABLE # 1



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2023 Important Dates

- August 14 First Contest Date
- October 21 Reporting Deadline for Regionals
- October 23 Late entries Deadline @ 3:00 p.m.
- October 24 Rodney to notify schools of # of teams qualifying
- October 28 Regionals
- November 4 State Championships @ Ivey Redmon (Kernersville)



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Board Changes for 2023

- None for Cross Country this year





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Regionals

- Team scores will be based on a school's 5 best performers
5 (Five) at the starting line

Maximum entry of 7 student-athletes per school

No entries after the deadline date will be accepted

Men will race first then the women



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REGIONAL SITES AND HOST

REGIONAL	HOST SCHOOL(S)	FACILITY	DIRECTOR(S)	Directors Mailing Address
1A EAST	NORTHSIDE PINETOWN	Northside High School	JARED ADAMS	jmadams@beaufort.k12.nc.us
1A MIDEAST	ENO RIVER	TBD	MICHAEL PIERCE	mpierce@enoriveracademy.org
1A MIDWEST	NORTH STOKES HIGH SCHOOL	IVEY REDMON SPORTS COMPLEX	RODNEY KING	rodney.king@stokes.k12.nc.us
1A WEST	SWAIN COUNTY	KITUAWAH MOUND	KEITH PAYNE	kpayne@swainmail.org
2A EAST	SOUTH LENOIR	LENOIR COUNTY FAIR GROUNDS	CARLOS DODD	cdodd@lenoir.k12.nc.us
2A MIDEAST	SEAFORTH/NCSSM	WAKEMED SOCCER PARK	CHARLIE PAYNE/DONNELL MITCHELL, SR.	paynec@ncssm.edu
				seaforthmenscrosscountry@gmail.com
2A MIDWEST	SURRY CENTRAL	FISHER RIVER PARK	JASON BRYANT	runningmtn.goat@yahoo.com
2A WEST	OWEN	ASHEVILLE CHRISTIAN ACADEMY	BOB SADLEMIRE	sadlemire@gmail.com
3A EAST	SOUTH CENTRAL	BOYD LEE PARK	DAE'ANTHONY STREETER	streetd@pitt.k12.nc.us
3A MIDEAST	FRANKLINTON HIGH SCHOOL	V.E. AND LYDIA OWENS REC. PARK	CLENNIE WILKINS	clenniewilkins@fcschools.net
3A MIDWEST	OAK GROVE	SALISBURY PARK AND REC	SHAWN LOGGINS	sloggins@davidson.k12.nc.us
3A WEST	FREEDOM	FREEDOM HIGH SCHOOL	SAMANTHA MARTIN	samanthamartin@burke.k12.nc.us
4A EAST	CARDINAL GIBBONS	WAKEMED SOCCER PARK	NICK MANGHAM	nickmangum@cghsnc.org
4A MIDEAST	PANTHER CREEK/CARY/APEX	WAKEMED SOCCER PARK	Paul Scruggs/Casey Bagassan/Paul Lockwood/Victoria Zuk	pscruggs@wcpss.net
				plockwood@wcpss.net
				cbagaasen@wcpss.net
				runhappycoach@gmail.com
4A MIDWEST	NORTHWEST GUILFORD	IVEY M. REDMON SPORTS COMPLEX	STEVVEN ANDERSON	stevvenanderson@gmail.com
4A WEST	PROVIDENCE	MCALPINE PARK	STEVE TOURANJOE	steven.touranjoe@cms.k12.nc.us



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Registering in MileSplit

- Please make sure that you have or will have your athlete's names listed as the following:
- Rhonda Dreibelbis
- Please do not put nicknames and please use the first initial and last name. This needs to be consistent across all meet registrations.



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MileSplit and MeetPro

- ❖ With MeetPro, you can import your entries, run your meet, publish live results and post completed results directly to MileSplit all from one central application or command center.
- ❖ MeetPro is available for Windows and Mac OS X computers and runs natively on each platform. A single license can be used on both platforms and the functionality is the same on each system.

Here is a link for the MeetPro free trial (MAC and Windows).

<https://www.tfmeetpro.com/get.html>



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MileSplit and MeetPro

- ❖ The future of meet management, putting all of the vital tools into a user-friendly dashboard and a button push away, has arrived.
- ❖ Introducing MeetPro, the track & field, and cross-country meet management application from DirectAthletics.
- ❖ MeetPro is an inexpensive and full-featured meet management solution designed to meet all of the needs of timers, meet directors, coaches, athletes and fans.



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State Meet

- **Location:** Ivey Redmon Park, Kernersville, NC

Times: TBD

Admission: \$10.00

State Zoom Call will take place the week of the state championships

Invite sent to all head coaches



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Reminders

- Pre-meet EAP review (Every Contest throughout the year)
- Where is the AED?
- Who is calling 9-1-1
- Make sure everyone knows their role
- 7 events across the state in the academic school year
- 3 minutes