

*student-athlete focused  
membership driven*

TriadMathandScienceAcademy



**SINCE  
1913**

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# CROSS COUNTRY ROUND TABLE # 2



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# 2023 Important Dates

- October 21 Reporting Deadline for Regionals
- October 23 Late entries Deadline @ 3:00 p.m. **There is no monetary penalty. If not received by 3:00 p.m., the athlete(s) will not be able to be entered.**
- Note:: late entries should only be emergency situations, injuries, etc....
- October 24 Rodney to notify schools of # of teams qualifying
- October 28 Regionals
- November 4 State Championships @ Ivey Redmon (Kernersville)





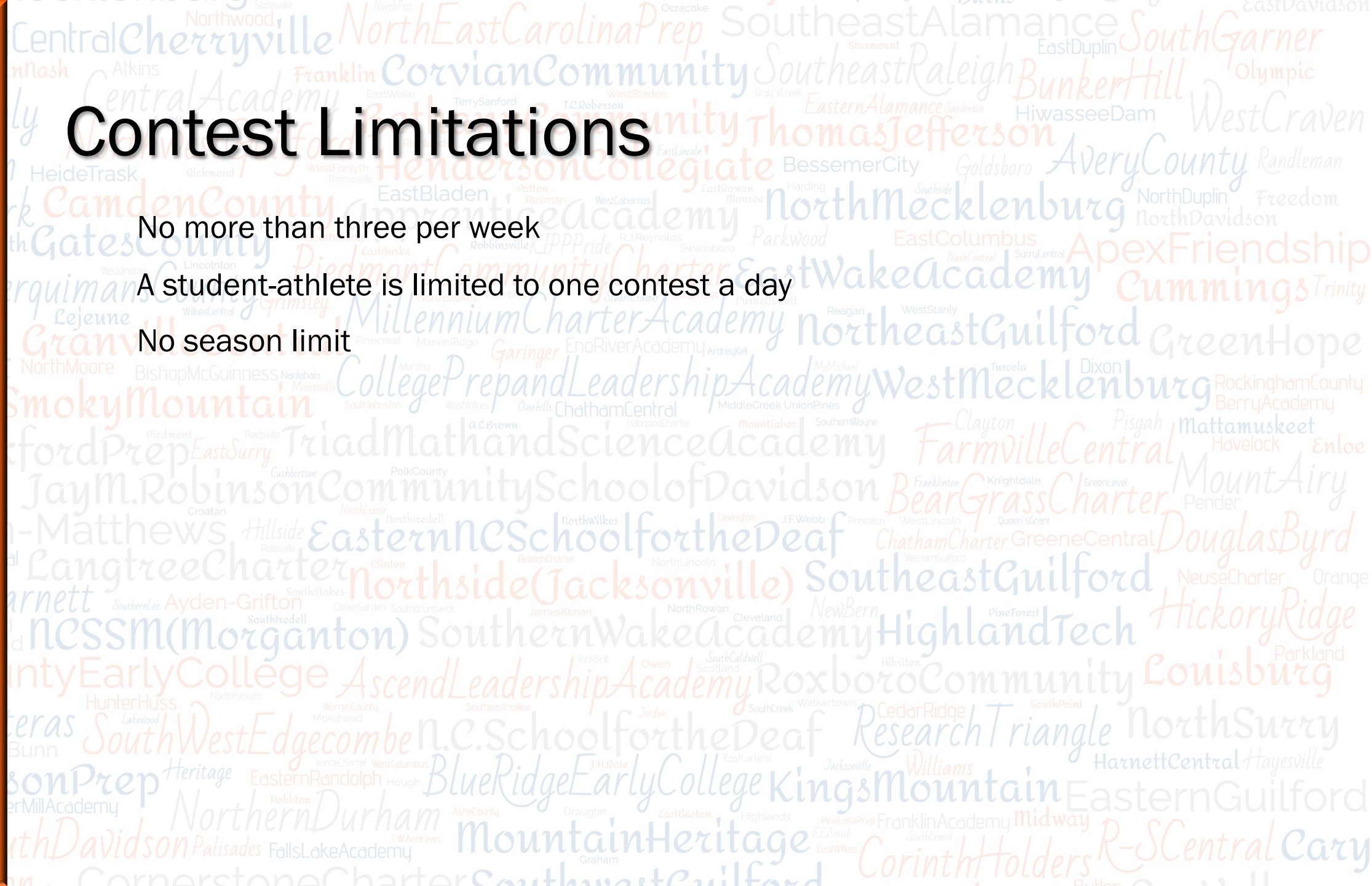
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# Contest Limitations

No more than three per week

A student-athlete is limited to one contest a day

No season limit







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# Scheduling – Question came in

When are schedules set?

Conference Meets?







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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
- Men will race first, followed by the women.
- The prescribed course distance for both men and women is 5,000 meters.
- (NCHSAA Handbook)



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# REGIONAL SITES AND HOST

REGION	HOST SCHOOL(S)	FACILITY	DIRECTOR(S)	EMAIL ADDRESSES
1A EAST	NORTHSIDE PINETOWN	Northside High School	KEVIN BRADDY	<a href="mailto:kbraddy@beaufort.k12.nc.us">kbraddy@beaufort.k12.nc.us</a>
1A MIDEAST	ENO RIVER	TBD	MICHAEL PIERCE	<a href="mailto:mpierce@enoriveracademy.org">mpierce@enoriveracademy.org</a>
1A MIDWEST	NORTH STOKES HIGH SCHOOL	IVEY REDMON SPORTS COMPLEX	RODNEY KING	<a href="mailto:rodney.king@stokes.k12.nc.us">rodney.king@stokes.k12.nc.us</a>
1A WEST	SWAIN COUNTY	KITUAWAH MOUND	KEITH PAYNE	<a href="mailto:kpayne@swainmail.org">kpayne@swainmail.org</a>
2A EAST	SOUTH LENOIR	LENOIR COUNTY FAIR GROUNDS	CARLOS DODD	<a href="mailto:cdodd@lenoir.k12.nc.us">cdodd@lenoir.k12.nc.us</a>
2A MIDEAST	SEAFORTH/NCSSM	WAKEMED SOCCER PARK	CHARLIE PAYNE/DONNELL MITCHELL, SR.	<a href="mailto:paynec@ncssm.edu">paynec@ncssm.edu</a> <a href="mailto:seaforthmenscrosscountry@gmail.com">seaforthmenscrosscountry@gmail.com</a>
2A MIDWEST	SURRY CENTRAL	FISHER RIVER PARK	JASON BRYANT	<a href="mailto:runningmtn.goat@yahoo.com">runningmtn.goat@yahoo.com</a>
2A WEST	OWEN	ASHEVILLE CHRISTIAN ACADEMY	BOB SADLEMIRE/KATE DOST	<a href="mailto:sadlemire@gmail.com">sadlemire@gmail.com</a> / <a href="mailto:kate.dost@bcsemail.org">kate.dost@bcsemail.org</a>
3A EAST	JACKSONVILLE HIGH	NORTHEAST CREEK PARK	MARY STEGALL	<a href="mailto:mary.stegall@onslow.k12.nc.us">mary.stegall@onslow.k12.nc.us</a>
3A MIDEAST	FRANKLINTON HIGH SCHOOL	V.E. AND LYDIA OWENS REC. PARK	CLENNIE WILKINS	<a href="mailto:clenniewilkins@fcschools.net">clenniewilkins@fcschools.net</a>
3A MIDWEST	OAK GROVE	SALISBURY PARK AND REC	SHAWN LOGGINS	<a href="mailto:sloggins@davidson.k12.nc.us">sloggins@davidson.k12.nc.us</a>
3A WEST	FREEDOM	FREEDOM HIGH SCHOOL	SAMANTHA MARTIN	<a href="mailto:samanthamartin@burke.k12.nc.us">samanthamartin@burke.k12.nc.us</a>
4A EAST	CARDINAL GIBBONS	WAKEMED SOCCER PARK	NICK MANGHAM	<a href="mailto:nickmangum@cghsnc.org">nickmangum@cghsnc.org</a>
4A MIDEAST	PANTHER CREEK/CARY/APEX	WAKEMED SOCCER PARK	Paul Scruggs/Casey Bagassan/Paul Lockwood/Victoria Zuk	<a href="mailto:pscruggs@wcpss.net">pscruggs@wcpss.net</a> <a href="mailto:plockwood@wcpss.net">plockwood@wcpss.net</a> <a href="mailto:cbagaasen@wcpss.net">cbagaasen@wcpss.net</a> <a href="mailto:runhappycoach@gmail.com">runhappycoach@gmail.com</a>
4A MIDWEST	NORTHWEST GUILFORD	IVEY M. REDMON SPORTS COMPLEX	STEVVEN ANDERSON	<a href="mailto:stevvenanderson@gmail.com">stevvenanderson@gmail.com</a>
4A WEST	PROVIDENCE	MCALPINE PARK	STEVE TOURANJOE	<a href="mailto:steven.touranjoe@cms.k12.nc.us">steven.touranjoe@cms.k12.nc.us</a>





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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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# State Championships

- Location: Ivey Redmon Park, Kernersville, NC

Times: TBD

Admission: \$10.00

State Zoom Call will take place on October 31, 2023, at 10:00 a.m.





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# Mental Health

Most common mental health conditions:

**Depression**

**Body Image and Distortion**

28% of male athletes and 48 % of female athletes report feeling dissatisfied with their bodies

Higher % in Cheer/Track/Cross-country, wrestling, and swimming

Athletes faced increased scrutiny of thin appearance – both the socially accepted “ideal body” and sport-specific ideal body.

*It is okay to have a body type that matches the sport in which they compete*





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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
- 3 minutes