



CROSS COUNTRY PRE-SEASON 2025

Austin Fleming
Director of Sports and Championships

Cross-Country Important Dates

- *Reporting Deadline* October 18 (11:59 p.m.)
- *Regionals* October 25
- *State Championships* October 31 - November 1 (Ivey Redmon-Kernersville)



SPORTS CALENDAR

■ 2025-2026 School Year Dead Periods

- *July 30 – August 19, 2025*
- *October 29 – November 18, 2025*
- *February 16 – March 8, 2026*
- *Last 5 student days of the 1st semester*
- *Last 10 student days of the 2nd semester*

■ Summer 2026 Dead Periods

- *June 29 - 5, 2026*
- *July 20 - 26, 2026*

REQUIRED COACHES EDUCATION

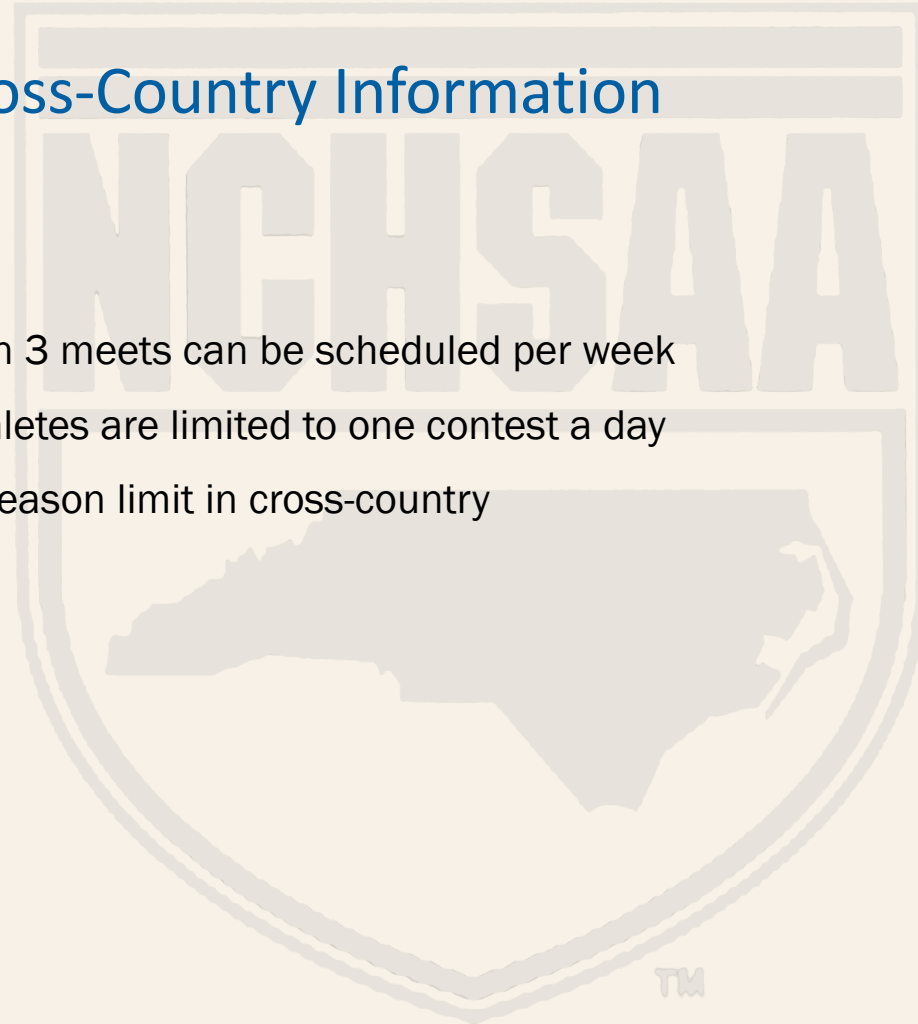
- NFHS Fundamentals of Coaching
 - All Coaches
 - Prior to first contest
 - One time only
- NFHS Concussion in Sports
 - All coaches
 - Prior to first practice
 - Annual requirement
- NCHSAA Eligibility PowerPoint
 - All coaches
 - Prior to the first practice
- NCHSAA Rules Clinic
 - Head varsity coach
 - Prior to first play date
 - Annual requirement
- CrashCourse Concussion Video
 - All coaches
 - Prior to the first practice
 - Annual requirement
- CPR/AED Certified
 - **All coaches**
 - Must maintain certification

PREVENTION OF HEAT ILLNESS

- Wet Bulb Globe Temperature (WBGT) considers the combined effects of air temperature, humidity, and solar radiation on the human body. WBGT should be measured (using a scientifically approved device) for all sports when student-athletes may be at risk for exertional heat illness (EHI). WBGT should be accessed every hour beginning 30 minutes before the beginning of practice.
- As WBGT increases, minimize clothing and equipment.
- Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- Pre and post-practice weigh-ins SHOULD be conducted. NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating. Pre and post-practice weigh-ins are recommended for all sports participating during periods of high heat and humidity.
- If WBGT is at 90 or above suspend practice; contests may continue but must include mandatory breaks as directed by gameday administrator.

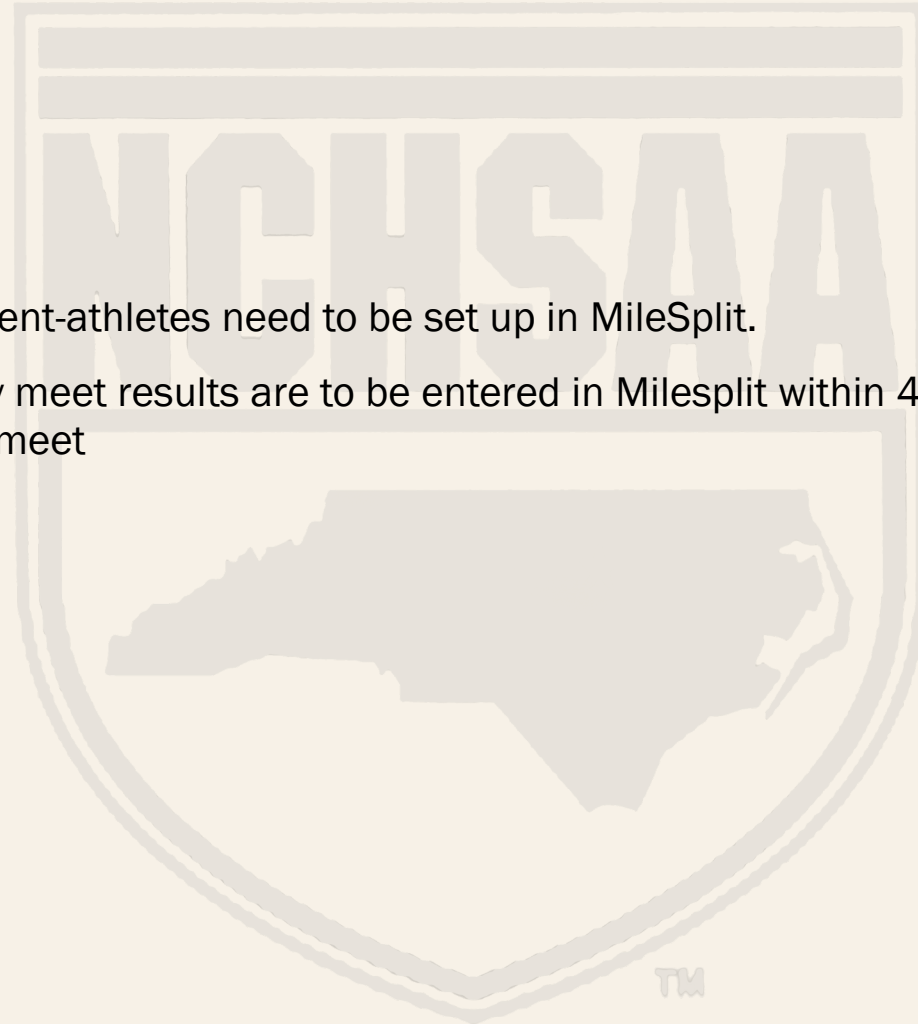
General Cross-Country Information

- No more than 3 meets can be scheduled per week
- Student –athletes are limited to one contest a day
- There is no season limit in cross-country



MileSplit

- Teams and student-athletes need to be set up in MileSplit.
- All cross-country meet results are to be entered in Milesplit within 48 hours after the conclusion of a meet



SCHOLASTIC REQUIREMENTS

- 1) To be eligible to participate in interscholastic athletics, a student must be in good academic standing. For purposes of this Rule, a student shall be deemed to be in good academic standing under the following circumstances:
 - a) *The student attended at least 85 percent of the total number of instructional days in the PSU during the previous semester;*
 - b) *The student passed at least 70 percent of the courses taken in the preceding semester; and*
 - c) *The student is making sufficient progress toward meeting the academic and curricular requirements of the PSU and the State Board of Education to be promoted to the next grade level or to graduate within the next calendar year.*

CROSS COUNTRY SAFETY

Some key safety measures that can be promoted by school coaches and others to their Cross-Country runners include:

- Use sidewalks when available or run facing traffic.
- Stay alert and avoid wearing headphones and using electronic devices, including cell phones.
- Crossing roads at crosswalks and intersections, when available. If not, cross at a well-lit location.
- Avoid running when it is dark. Wear bright, reflective materials if it is dark and/or use a flashlight or headlamp.



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CROSS COUNTRY SAFETY



- Follow the rules of the road.
- Avoid running along eastbound roads at sunrise or along westbound roads at sunset.
- **Provide a safety orientation for first-year runners**
- Run in pairs
- Never run against traffic lights
- Avoid running in higher traffic speed areas
- Run during lower traffic times if running along a road
- Avoid loitering along the road before and after runs

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REGIONAL CHAMPIONSHIPS 1A, 2A & 3A HOST AND SITES

- 1A East: Red Oak Middle School - Jeff Dodrill (N. Nash)
- 1A Central: Ivey Redmon : Curtis Swisher / Robert Youtz
- 1A West: Tryon International Eq Center : Ian Roper / Ben Paxton

- 2A East: Red Oak Middle School - Jeff Dodrill (N. Nash)
- 2A Central: Ivey Redmon : Curtis Swisher / Robert Youtz
- 2A West: Tryon International Eq Center : Ian Roper / Ben Paxton

- 3A East: South Lenior : Carols Dodd
- 3A Central: Ivey Redmon : Curtis Swisher / Robert Youtz
- 3A West: Tryon International Eq Center : Alan Peoples / Ben Paxton

REGIONAL CHAMPIONSHIPS 4A, 5A & 6A HOST AND SITES

- 4A East: Red Oak Middle School - Jeff Dodrill (N. Nash)
- 4A Central: Ivey Redmon : Curtis Swisher (NC Leadership) / Robert Youtz (Phoenix)
- 4A West: Tryon International Eq Center : Josh Williams (Lincoln Charter) / Ben Paxton

- 5A East: Wake Med – Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)
- 5A Central: Ivey Redmon : Curtis Swisher (NC Leadership) / Robert Youtz (Phoenix)
- 5A West: Tryon International Eq Center : Jerry Castro (N. Lincoln) / Ben Paxton

- 6A East: Red Oak Middle School - Jeff Dodrill (N. Nash)
- 6A Central: Wake Med – Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)
- 6A West: Tryon International Eq Center : David Honea (A.C Reynolds)/ Ben Paxton

REGIONAL CHAMPIONSHIPS 7A & 8A HOST AND SITES

- 7A East: Wake Med – Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)
- 7A Central: Wake Med – Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)
- 7A West: McAlpine – Rick Spencer (Weddington)

- 8A East: Wake Med – Paul Lockwood (Apex Friendship) & Paul Scruggs (Panther Creek)
- 8A Central: McAlpine – Andrew Carrington (Hough)