

2022 COAC & MMSAC CROSS COUNTRY MEET

Date: Tuesday, October 11th, 2022
Hosted By: Deer Creek High School
Location: Deer Creek Cross Country Course
Divisions: High School (Varsity & JV) & Middle School
On-line Entries: www.enduroentries.com (All entries must be completed on-line)
Entry Deadline: Monday, October 10th @ 5:00 (No runners will be added after deadline)
Entry Fee: None for COAC member high school teams
\$200.00 for each Middle School entered
Admission: \$5 per adult and student
Parking: Buses will need to be parked in the NE corner of the PAAC Parking Lot

Schedule:

High School

Middle School

8:30 AM	HS Coaches Meeting	11:40 AM	MS Coaches Meeting
9:00 AM	Varsity Girls (7 runners) 5000m	12:00 PM	7th Grade Girls 2 miles
9:30 AM	Varsity Boys (7 runners) 5000m	12:20 PM	7th Grade Boys 2 miles
10:00 AM	JV Girls (unlimited runners) 5000m	12:40 PM	8th Grade Girls 2 miles
10:30 AM	JV Boys (unlimited runners) 5000m	1:00 PM	8th Grade Boys 2 miles
11:00 AM	HS Awards (only special awards voted by coaches) (medals handed out in chute)		

- In order to stay on schedule, official timing will be stopped after 29 minutes.
- Top 20 runners in each Varsity and JV race will receive medals, and those will be given to runners as they exit the finish chute instead of an awards ceremony.
- Special Awards (Runner of the Year, Coach of the Year) will be voted on prior to the event.

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