

## 2020 Region 5 Region Championship Race

**Place:** Weber County Fairgrounds

**Date:** Friday, October 2nd

**Officials:** Gary Hooper

**Coaches Meeting:** 12:45 pm

**Time Schedule:**  
1:30 Girls JV  
2:10 Boys JV  
2:50 Girl Varsity  
3:20 Boys Varsity

**Course Length:** 3 – 3.1 Miles  
(The same as pre-region  
or pretty close.)

**Entries:** Please enter your athletes on [runnercard.com](http://runnercard.com) by Noon on Thursday, October 1st. Coaches may run 10 runners in the “Varsity” Region Championship race if desired, but the scoring 7 must be clearly designated on the tag prior to the beginning of the race. **Failure to do so disqualifies athletes from the top finisher of that school down, one for one over the limit of 7. These non-scoring individuals are NOT eligible for individual awards (top 10 medals) or for state qualification as an individual.** It is understood the reason for the option to race an extra individual (or more) is to determine positions for the state meet only on the school team. Please write non-scoring on the tear tag and this will also need to be reported to runnercard before the race begins on Friday or entered before it closes on Thursday.

**Specific Instructions for Extra Runners:** If you plan on running more than seven in a varsity race please do the following. Create a team for the non-scoring runners. You do not need to put athletes in the team, only create it. On Friday, runnercard will move the runners you need to be non-scoring over to the non-scoring team. However, if you do know who is going to be non-scoring before runnercard closes on Thursday at Noon enter them in that race. Add them as an athlete in the non-scoring team and sign them up there instead to speed up the process for runnercard on Friday.

The screenshot shows the RunnerCard website interface for team registration. The main heading is "High School-Jr High Web Registration". A green message states "Update to database was successful." The central area displays a list of teams under the heading "Teams" with the subtext "You have 3 teams:". The listed teams are:

- Box Elder High School Track (Delete Edit)
- Box Elder HS Boys Cross Country (Delete Edit)
- Non-Scoring Box Elder HS Boys Cross Country (Delete Edit)

On the left, a navigation bar includes links for Home, Teams, Add Team, Display Teams, Athletes, Meet Sign Up, and Print and Verify. On the right, a "Progress" bar shows 100% completion. Below it, "Your Teams" lists the three teams with athlete counts: Box Elder HS Boys Cross Country (0 athletes), Box Elder High School Track (214 athletes), and Non-Scoring Box Elder HS Boys Cross Country (0 athletes). At the bottom right, "Your Meets" lists various regional and state-level events, including the 2014 Cache Box, Grizzly Invitational, and the 2014 Region 5 Championships.



**Timing and Results:** Runnercard will be timing the race. Each runner will have a number with a tear tag and a printed label. Runners will pin the numbers to the front of the jersey. Please make sure all labels match numbers before you hand them out.

**Qualification for State (From the UHSAA website):** 10 teams and the top-6 individuals from non-qualifying teams from each divisional section will advance to the State meet. Regions 5 and 7 will send their odd number finishing teams to section A and their even-numbered finishing teams to section B. Region 6 and 8 would send odd number teams to section B and even-number teams to section A. The region splits will alternate each year.

<https://www.uhsaa.org/Publications/Handbook/SportSections/CrossCountry.pdf>

**Awards:** Medals will be awarded to the top 10 finishers in the varsity and JV races. The winner of the region trophy will be determined by the team scores in the varsity race. There will not be an awards ceremony this year. They will be put in an envelope and handed to the coaches of their respective teams.

**Course Assignments:** Finish Line/Start Line – Box Elder, Viewmont, and Bonneville  
Road Crossings – Bountiful, Woods Cross  
Directions by Finish Line - Farmington  
Box Elder will also have additional help from the cheer squad.

**Helpers:** Each School needs to provide 1 helper for the meet. Coaches will be responsible for instructing helpers of what their responsibility is.

**Water:** Please bring your own water and cups.

If you have any questions. Feel free to contact us at [jeffrey.rawlins@besd.net](mailto:jeffrey.rawlins@besd.net)



## 2020 Region 5 Cross Country Championship Guidelines

The following are guidelines we will adhere to for the Region 5 Cross Country Championship is to be held on October 2, 2020.

- Team Rules
  - Schools do temperature checks before getting on the bus with their thermometers.
  - All athletes will be able to compete.
  - There are four races: Girls JV (1:30 pm), Boys JV (2:10 pm), Girls Varsity (2:50 pm), Boys Varsity (3:20 pm).
  - Each team will use the same designated spot they used for the PreRegion meet.
  - Athletes will bring their water.
  - Athletes will be asked to wear a mask when not warming up, stretching, or competing.
  - Non-competing athletes will need to be in groups of smaller than 10 when cheering on teammates around the course.
  - Non-competing athletes will not be allowed to come around the finish line area, including the soccer field's entire length.
  - Competitors will need to leave the finish line area once they have exited the finish chute.
  - Coaches are responsible for breaking up groups.
  - The pavilion will not be rented or used for any teams.
  - Awards will be placed in an envelope and handed to teams.
- Administrators are responsible for asking people to put on masks.
- Spectators
  - All spectators will need to wear a mask or will be asked to leave.
  - Parents, Grandparents, relatives, and other spectators are encouraged to watch to the race the individual(s) are competing in and then asked to leave.
  - They are encouraged to leave the finish line area was the individual who they are watching has finished.
- Startline items
  - There will be extra space between the starting boxes on the line.
  - Each school will be assigned a starting box before the meet.
  - Coaches will do all instructions before there races.
  - We will encourage the race officials to meet with teams instead of talking to the athletes at the beginning of each race if they desire to do so.
- Finish Line
  - The Box Elder High School Cheer Squad will pull tags at the finish line. They will remove tags wearing masks and gloves.
  - The finish chute will be a single straight chute.
  - All finishers will be asked to leave immediately after exiting the finish chute.

- Hand sanitizer at the finish line.