

To: MPC AD's & MPC Cross Country Coaches

From: Cross Country Coach, Bob Jumper (Big Spring) & Scott Penner, Cross Country Chairperson (Big Spring)

All entries will be submitted online at MileSplit and must be completed by **Sunday, October 9<sup>th</sup>**. That link will be shared by October 1<sup>st</sup>.

Each team (boys and girls) may register an unlimited number of individuals. From those registrations, seven (7) individuals per team (boys and girls) may run in the Mid Penn Conference Championship race, the remaining individuals per team (boys and girls) will run in the Tim Cook Memorial 5k race (if applicable, fees described below). ***No runner may participate in both races.***

## **SCHEDULE**

### ***Mid Penn Conference Championship Races:***

Girls - 10:00 A.M.

Boys - 10:45 A.M.

Admission charges: \$5.00 per individual, \$10.00 per car load.

The following rules and regulations will be in effect for the 2021 Mid Penn Conference Championship races:

1. Runners must report to the starting line no later than 10-minutes prior to the start of their race.
2. There will not be any changing/locker room areas, or showers, provided to the runners. All participants must arrive prepared!
3. This is a cross country championship; not a Frisbee, dance, flag football, etc. competition. Please have your athletes leave these items at home or on the bus.
4. No stereos, personal listening devices only!
5. Concessions and T-shirts will be available for purchase.
6. An athletic trainer will be available, coaches must provide supplies for taping.
7. A coaches meeting will be held at 9:15 A.M. with meet administration procedures being covered at that time.
8. All NFHS uniform rules are applicable for the races, except those that have been amended by the PIAA. It is the coach's responsibility to see that all runners are properly outfitted at the starting line.
9. Each team's starting box position is identified on the outside of the team packet.
10. Bib chips will be used for timing.
11. Instruct your runners that they **MUST** move to the end of the chute. They may be assisted; but, please keep moving, **DO NOT STOP!!!**
12. The top thirty-five (35) runners in each race will receive medals.
13. Finish results for BOTH races will be available at the conclusion of the boys' race.
14. The medal presentation will occur after both races are completed.

**Tim Cook Memorial Races** (held after the finish of the girls and boys Mid Penn Conference Championship races):

Girls - 11:45 A.M.

Boys - 12:30 P.M.

Awards will be given to top 15 in each grade, 9, 10, 11, 12 girls and boys.

Tim Cook Memorial 5K Entry Fees: \$50.00 for each team, \$100.00 for both teams (limited to twenty (20) runners), \$5.00 per runner over the limit of twenty (20). Please make all checks to "Big Spring High School". Entry fees must be submitted with entries. If entry fees are not paid; then, runners will not be entered into the meet (unless a coach provides advanced notice, with acceptance of the proposed arrangements being confirmed by meet management).

Remit payment to: Big Spring High School  
c/o Robert Jumper  
100 Mt. Rock Rd.  
Newville, PA 17241

This fee will cover the cost of numbers, medals, and for people who will help score the meet so the coaches can focus on coaching.

#### **FACILITY REGULATIONS**

- **No dogs are permitted on school grounds. Anyone with a dog will be asked to put the dog in their vehicle or leave the grounds.**
- All spectators will enter the North Entrance (by the Turf Field).
- All School Vehicles and Officials will enter at the East Entrance (by the Softball Fields).
- All team tents will be staged on the baseball field.
- Indoor staging will not be available unless there is severe inclement weather.
- Indoor restrooms will be available along with outdoor restrooms.

