



**2023 Mid Penn Championships  
&  
Tim Cook Cross Country 5k Invitational  
October 14, 2023**

All entries will be submitted online at MileSplit and must be completed by **Sunday, October 8<sup>th</sup>**. The link to submit entries is:

<https://pa.milesplit.com/calendar>

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 AM

Boys - 10:45 AM

Awards – at the conclusion of the Boys race

### ***Tim Cook Memorial Races:***

Girls – 11:45 AM

Boys – 12:30 PM

Awards – at the conclusion of the Boys race

## **RUNNER ENTRY**

Entry Fee: \$50.00 for each Team \$100.00 for both teams (20 Runners limited) \$5.00 per runner over the limit of 20. Please make all checks to Big Spring High School. Entry Fee must be submitted with entries, no entry fee, runners will not be entered into the meet. (Unless Coach makes arrangements with meet management).

Please Send Entry Fees to:

Big Spring High School  
% Robert Jumper  
100 Mt. Rock Rd.  
Newville, PA., 17241



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**RULES AND REGULATIONS**

The following rules and regulations will be in effect for the 2023 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.
15. All School Vehicles and Officials will enter at the East Entrance (by the Softball Fields).
16. All team tents will be staged on the baseball field. Any team's staging in areas other than the baseball field will be asked to move.
17. Indoor staging will not be available unless there is severe inclement weather.
18. Indoor restrooms will be available along with outdoor restrooms at the Start Line.

**T-SHIRT ORDERS**

There will be a preorder of T-shirts, also some will be available race day. \$20.00 short sleeve, \$25.00 long Sleeve.

**Please email your t-shirt orders by October 5, 2023** email to [runnerxc99@aol.com](mailto:runnerxc99@aol.com) or if you have any question. Please call 717-385-9621



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**SPECTATORS**

**Admission charges: \$7.00 per individual, \$12.00 per car load – CASH ONLY and will be collected upon entry onto campus.**

All Spectators will enter campus through the North Gate (by the Turf Field).

The Big Spring School District does **NOT** permit dogs or bikes on school grounds. Please leave them at home.