



2022 NEA

Cross Country District Championships



GIRLS DISTRICT CHAMPIONSHIP:

WHEN: Saturday, October 29th

WHERE: Chewelah Golf Course
2537 Sand Canyon Rd
Chewelah, WA 99109

TIMES: ****Subject to change based upon that morning's frost.****

Coaches meeting: 11:00

Course closed to walk-throughs: 11:30

Volunteer meeting: 1B/2B @ 11:30 NEA @ 12:45

1B/2B Girls Varsity: 12:00

1B/2B Boys Varsity: 12:45

NEA Girls Varsity: 1:15

1B/2B/NEA Combined Boys & Girls JV: 2:00

ALLOCATIONS: Top 2 NEA teams and top 14 finishers qualify for State.

AWARDS (after last race): Ribbons for all state qualifiers

District Champions trophy for top team

MVP medals for top finisher

Coach of the Year

NOTES:

- Admission will be charged: **GOFAN INSTRUCTIONS**
 - \$6 HS student w/ASB and senior citizen
 - \$8 Adult
- **Coaches, Please register your runners by Wednesday, October 26 at 9:00 PM**
- Course availability Saturday morning TBD based upon the morning's front. We cannot be on the grass until the golf course says so.
- Head Coaches, please collect all timing chips, in order, and then return them.
- **Volunteers: All schools shall have at least one dedicated volunteer to help monitor the race course or the parking area. Please send the volunteers' email to me at deliassen@mlsd.org so I may send a separate email with their details.**
- Participants and spectators will not be allowed in the club house. There will be portapotties set up in the parking lot for our use. Coaches, please make a point

to tell your runners to respect the portapotties . We almost could not contract the units due to past vandalism.

- Buses will need to park in the RV park.

BOYS BI-DISTRICT CHAMPIONSHIP:

WHEN: Friday, October 28th

WHERE: Apple Ridge CC Course
5000 Naches Heights Rd.
Yakima, WA 98908

TIME: Coaches' Meeting: **TBD**

Course available for walk-throughs: **TBD**

D5 & D7 Boys Varsity 4:15pm (D5 = 10 schools, D7 = 7 schools)

ALLOCATIONS: District 5's top 14 individuals and top 2 teams advance, PLUS, after those qualifiers are removed, the next 14 individual runners and 2 teams advance. (A max of 2 NEA teams and a max of 14 NEA individual runners.)

AWARDS (after last race): Ribbons for all state qualifiers
District Champions trophy for NEA top team
MVP medals for top NEA finisher