

**DISTRICT XI**  
**CROSS COUNTRY MEET – 2009** (*updated 10/01/09*)

- TIME:** *October 29, 2009* (Rain or Shine)
- Boys AA.....3:00 p.m.                      Girls AA.....4:00 p.m.*  
*Boys AAA.....3:30 p.m.                     Girls AAA.....4:40 p.m.*  
*Awards Presentation 5:30 p.m.*
- WHERE:** *Bethlehem Municipal Golf Course (Nine Hole Course), Illicks Mill Road, Bethlehem, PA*
- TYPE COURSE:** Grass--with hills on the nine hole golf course. The entire course will be lined. Spiked shoes may be worn.
- MEET:** Coaches and teams should **NOT** report to Bethlehem Municipal Golf Course before 1:00 p.m. **All schools must park in the parking area on Schoenersville Road across from Wawa.** Teams should be ready at the start line 15 minutes before starting time. Dressing facilities are not available.
- PRACTICES:** The course will be open for practice on the following dates: October 9 from 3-7 pm, October 10 from 7-11 am, October 16 from 3-7 pm and October 17 from 7-11 am. These will be the only days that you may preview the course. The golf course will be closed for play on the preview days.
- ENTRIES:** Each school may enter seven persons plus alternates (or fewer). A maximum of seven may run. Five runners must finish the race for the score to count as a team score.
- SCORING:** The first five persons of each team will be scored. The sixth and seventh persons will be tallied and may displace members of other teams finishing later. Your school's starting position will be pre-drawn. A computerized scoring system will be used with results available on the Emrey Tack and Field Association website and the District XI website. *The computer chips for the shoes and a video camera will be used for scoring.*
- STATE MEET:** *November 7, 2009, at Hershey, PA.* Numbers of qualifying teams and individuals will depend upon formula developed by the PIAA.
- COACHES:** All entrants from a school must be accompanied by a coach or a faculty member from that school.
- ENTRIES:** Entries **must** be submitted online at [www.runhigh.com](http://www.runhigh.com) on or before *Friday, October 23, 2009*, by *12 noon*.
- MEET MANAGER:** Donald L. Harakal (Chairman)                      610-282-1421, ext. 7570  
Southern Lehigh High School                      Cell: 484-239-8652  
5800 Main Street                                      FAX: (610) 282-2615  
Center Valley, PA 18034                              [harakald@sbsd.org](mailto:harakald@sbsd.org)
- DISTRICT XI COMMITTEE REPRESENTATIVES:** Herb Welsh (Committee Member)                      Dennis Ramella (Committee Member)  
570-386-3187 or 570-386-3198                      Ray Kinder (Committee Member)  
67 Red Oak Terrace  
New Ringgold, PA 17960
- SCHOOLS:** Your school's classification for cross country is listed in the PIAA Handbook.
- PARKING:** There are approximately 140 parking spaces at the driving range lot and approximately 270 spaces at the swimming pool lot. Both of these areas are off of Illicks Mill Road.

**OFFICIAL ENTRY FORM**

**DISTRICT XI P.I.A.A.  
CROSS COUNTRY TOURNAMENT --- OCTOBER 29, 2009  
BETHLEHEM MUNICIPAL GOLF COURSE, BETHLEHEM, PA**

SCHOOL \_\_\_\_\_ CLASSIFICATION:

(Circle sex and class) BOYS AA AAA

GIRLS AA AAA

**RUNNER'S FULL NAME**

(LAST NAME FIRST)

**GRADE**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**Alternates:**

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*I hereby certify that the above named pupils are eligible to compete in the District XI Cross Country Meet on **October 29, 2009**. **Submit this form to the meet manager the day of the meet.***

**THIS FORM MAY BE DUPLICATED**

\_\_\_\_\_  
(Principal's Signature)

**NOTE:** Entries **must** be submitted online to [www.runhigh.com](http://www.runhigh.com) by **12 noon on October 23, 2009**

**MAIL ENTRIES TO:** Donald L. Harakal, Athletic Director  
Southern Lehigh High School  
5800 Main Street  
Center Valley, PA 18034  
Telephone: (610) 282-1421, ext. 7570 FAX: 610-282-2615

**USE SEPARATE FORM FOR BOYS AND GIRLS**

***DISTRICT XI P.I.A.A. CROSS COUNTRY***

***STATE MEET QUALIFIERS***

**TEAMS**

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<u>AA GIRLS</u>	<u>AAA GIRLS</u>	<u>AA BOYS</u>	<u>AAA BOYS</u>
2	2	2	2

**NON-TEAM INDIVIDUALS**

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<u>AA GIRLS</u>	<u>AAA GIRLS</u>	<u>AA BOYS</u>	<u>AAA BOYS</u>
10	10	10	10

**UNIFORM RESTRICTIONS -**

1. No jewelry (including watches)
2. No head bands (scrungies are allowed) (religious garb acceptable)
3. No sunglasses (unless prescription)
4. Shirts must be tucked in shorts
5. **School issued uniforms only**

**T-SHIRT SALES**

District XI T-Shirts will be sold at the meet at the following prices:

T-Shirts	-	\$10.00
Long-Sleeve T-Shirts	-	\$15.00
Sweatshirts	-	\$25.00