

# Southwest Middle School XC Championship 2022

Welcome the 5<sup>th</sup> Southwest Middle School Championship. We are looking forward to providing another great experience to the younger athletes of our community. Our goal is to show everyone the fun that comes with running cross country at the highest level.

More Meet Information can be found on our website <https://ajballew.wixsite.com/bvswxc>

Date: Wednesday, September 14<sup>th</sup>, 2022

## Race Schedule:

<u>Race (Division)</u>	<u>Time</u>	<u>Distance</u>	<u>Medals</u>	<u>Entry Details (Grades)</u>
Girls – <b>Green</b> (C-team)	4:00pm	1600m	10	Unlimited (7 <sup>th</sup> & 8 <sup>th</sup> )*
Boys – <b>Green</b> (C-team)	4:15pm	1600m	10	Unlimited (7 <sup>th</sup> & 8 <sup>th</sup> )*
Girls – <b>Black</b> (B-team/Small School)	4:30pm	3200m	10	Unlimited (7 <sup>th</sup> & 8 <sup>th</sup> )
Boys – <b>Black</b> (B-team/Small School)	5:00pm	3200m	10	Unlimited (7 <sup>th</sup> & 8 <sup>th</sup> )
Girls – <b>GOLD</b> (Championship)	5:30pm	3200m	20	Top 7 (7 <sup>th</sup> & 8 <sup>th</sup> )
Boys – <b>GOLD</b> (Championship)	6:00pm	3200m	20	Top 7 (7 <sup>th</sup> & 8 <sup>th</sup> )
<b>Awards Ceremony</b>	<b>6:30pm – For All Races</b>			

Location: The Cross Country Course is located between the [BVSU athletic fields, Quivira Rd & 179<sup>th</sup> St.](#)

Restrooms: Restrooms will be open at the entrance of the football & soccer fields (by the South BVSU parking lot).

Awards/Scoring: There will be a short awards ceremony to recognize the medalists in each race along with the top two teams in the Gold Championship race following the conclusion of the last event. We encourage everyone to stay until the end. The meet will be scored in a traditional XC format. The places of each team's top 5 runners will be added together & the lowest score wins. Individual results/medals are not affected by the team competition.

<u>Race</u>	<u>Individual Medals</u>	<u>Team Plaques</u>
Green 1mi Race	<u>Top 10</u>	No Trophy (Team Scores will be announced)
Black 2mi Race	<u>Top 10</u>	No Trophy (Team Scores will be announced)
Gold Championship	<u>Top 20</u>	Gold Championship – <u>Top 2 teams</u>

## Coaches/Administrators Information – PLEASE READ

Entries/Timing: **To cover the cost of the timing group, medals, trophies, etc; we will be charging each school \$40.** The Blue Valley timing group will be timing the event for every athlete. We will be registering athletes through [www.ks.milesplit.com](http://www.ks.milesplit.com). Click the first link below to register for the meet. If you don't have a profile click the 2<sup>nd</sup> link & it will have instructions on how to register. Contact Ryan Colburn – ([rcolburn@bluevalleyk12.org](mailto:rcolburn@bluevalleyk12.org)) if you have questions. You DO NOT need to declare which race the athlete will run. You can also contact me, (Aaron Ballew – [ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)) with questions.

**Submit your Entries by September 11<sup>th</sup>, 2022**

Link to register

<https://ks.milesplit.com/meets/498642-blue-valley-southwest-middle-school-championship-2022#.YxH-dezML9A>

For More Information

<https://support.milesplit.com/en/t/meet-registration>

Packets/Results/Scoring: Packets will be available for Pick up by teams starting at 2:00pm (& any time after) near the finish line. All athletes will be assigned a chip to be worn ON THEIR RACING SHOE during the race. Chips need to be returned to the BV Timing Group after the completion of the meet. Lost chips result in a fee of \$10/chip. Please DO NOT collect chips IN THE FINISH CHUTE. Results will be posted near the entrance of the course when they are available. Digital copies will be posted on the BVSU XC website & sent to the coaches, Assistant Principals & [ks.milesplit.com](http://ks.milesplit.com) after the meet.

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**Drop off/Tents:** If athletes are arriving on a team/school busses, they can be dropped off at the Entrance of the course directly south (behind) Aubry Bend Middle School. (Enter the campus from the North on 175<sup>th</sup> St, between BVSW & ABMS and Turn right at the stop sign). There will be designated areas for tents & team camps near that entrance of the course.

**Races & Levels of Competition:** We are leaving the race distance up to the discretion of the schools, coaches & athletes. **ALL Races are open to either 7<sup>th</sup> or 8<sup>th</sup> grade runners but NO unattached runners are allowed.** Athletes **DO NOT** have to declare what race they will be competing in prior to the start of the competition.

## **Race Descriptions & Determination:**

**Gold - Championship 3200m Race** is intended for each school's **fastest 7 runners**. This team should be made up your fastest runners regardless of grade. This will mimic what a high school & college championship Cross Country meet will feel like as we get an opportunity to see who has the fastest runners in the region. We are limiting the race to only 7 which is what they will experience at the High School level.

**Black – B-team or Small School 3200m Race** is intended for the runners who are ready to compete at the 3200m distance but are not in the school's top 7 runners. We are also opening this race to smaller schools to race their top runners if they are not comfortable competing at the Championship Level. **The race is open to either 7<sup>th</sup> or 8<sup>th</sup> grade runners.** It is up to the coach/school & runner to make that decision. You may have unlimited entries in this race. Medals will be handed out for the top 10 runners. Team scores calculated.

**Green – C-team 1600m Race** is intended for runners who are new to the sport or are not ready to run the full 3200m distance. **The race is open to either 7<sup>th</sup> or 8<sup>th</sup> grade runners.** It is up to the coach/school & runner to make that decision. You may have unlimited entries in this race. Medals will be handed out for the top 10 runners. Team scores will be calculated.

## **Parent Information – PLEASE READ**

**Parking:** Parents & fans need to park in the Blue Valley Southwest High School parking lots. Just North of the Track & Football Fields. The best way to enter the campus is from the East (Quivira). Please **DO NOT** Park behind Aubry Bend Middle School or next to the Tennis courts. The high school lets out at **2:55pm** & navigating the parking lot can be difficult between **2:55-3:05pm**. Please plan accordingly.

**Entrance to Course:** Parents & Fans can enter the course through the main athletic entrance between the soccer & football fields. Follow the sidewalk between the Softball & Baseball Fields to find the Start of the course. Concessions & restrooms will be open near the football field.

## **Athlete Information – PLEASE READ**

**Timing Chips:** **ALL ATHLETES** need to wear a timing chip on their shoe. The chips are provided in the packets for the coaches to pick up when they arrive at the meet. **Your CHIP NEEDS TO BE RETURNED TO YOUR COACH BEFORE YOU LEAVE THE MEET!**

**Finish Chute:** The finish chute is the area **AFTER the finish line**. When athletes cross the finish line, **CONTINUE ALL THE WAY THROUGH THE CHUTE!** If too many runners stop just after the finish this can create a backup that will affect incoming athletes who are finishing.

Thank you,

*Aaron Ballew*

Blue Valley Southwest XC

\*If you have any questions, Contact me ([ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)).