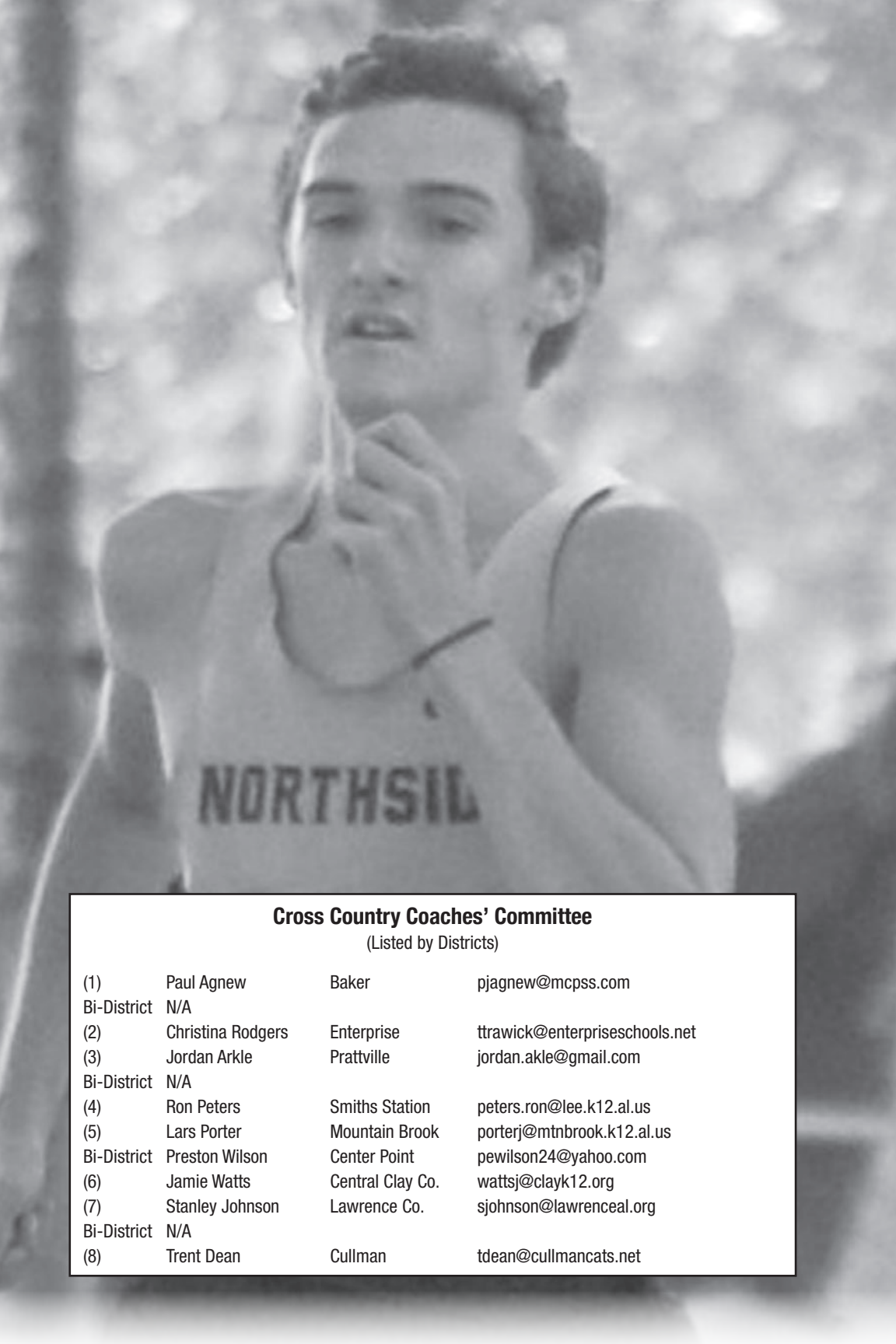




CROSS COUNTRY





Cross Country Coaches' Committee

(Listed by Districts)

(1)	Paul Agnew	Baker	pjagnew@mcpss.com
Bi-District	N/A		
(2)	Christina Rodgers	Enterprise	ttrawick@enterpriseschools.net
(3)	Jordan Arkle	Prattville	jordan.arkle@gmail.com
Bi-District	N/A		
(4)	Ron Peters	Smiths Station	peters.ron@lee.k12.al.us
(5)	Lars Porter	Mountain Brook	porterj@mtnbrook.k12.al.us
Bi-District	Preston Wilson	Center Point	pewilson24@yahoo.com
(6)	Jamie Watts	Central Clay Co.	wattsj@clayk12.org
(7)	Stanley Johnson	Lawrence Co.	sjohnson@lawrenceal.org
Bi-District	N/A		
(8)	Trent Dean	Cullman	tdean@cullmancats.net

The Championship Program

First Practice – Aug. 6 First Contest – Aug. 23

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules on the AHSAA website in the Members' Area by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1 – fall sports (football only)

June 1 – fall sports (volleyball, cross country, swimming & diving)

Sept. 15 – winter sports (wrestling, basketball, indoor track)

Jan. 15 – spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

1. The cross country program provides competition for boys and girls in each of six divisions: 1A-2A, 3A, 4A, 5A, 6A and 7A. A student may compete in only one division during the same meet.
2. The distance for boys and girls in all divisions is 5K.
3. Each high school is limited to 10 meets prior to the section meet. Each junior high/middle school is limited to eight meets.
4. A school team must compete in at least three sanctioned meets prior to the section meet.
5. All meets will be conducted under National Federation rules, including its protest procedure. Protests are not allowed after a meet is concluded.
6. All participants must be eligible under AHSAA rules.
7. All participants in any meet must be accompanied by a faculty member from their school.
8. Only certified healthcare professionals may give Intravenous Fluids (IVs) at a cross country meet.

Special Rules

1. A team must participate in a section qualifying meet in order to be eligible for the state meet.
2. Submit entries via the Alabama Runners website (www.alabamarunners.com) one week before the section meet.
3. A school competing in a section meet may enter a maximum of 10 runners in each division in which it enters.

4. A school competing in the state meet may enter a maximum of 10 runners in each division in which it qualifies.
5. Individuals and teams must qualify for the state meet at a section meet.
6. Running combined races in section meets is permitted at the discretion of the section meet director.
7. Schools may substitute team members between the section and state meets.
8. The assignment of teams in the starting boxes at the state meet will be based on section winners, runners-up, and third place finishers.
9. Schools that fail to participate in a section meet after submitting entry forms are subject to a monetary fine.
10. Use of GPS tracking/timing devices by participants is not allowed.

Section Qualifying Meets

Section qualifying meets must be held Nov. 1-3, 2018. The girls and boys divisions in each class of a section meet will qualify:

- (a) The top four teams
- (b) The top six individuals not on the section rosters of the four qualifying teams

SECTION MEET DIRECTOR'S RESPONSIBILITIES:

1. Section meet directors must use Meet Manager Software, only versions 4.0 or 5.0 or 6.0 are acceptable. Once the meet is complete a complete back-up of the meet must be emailed within 24 hours to xpress28@aol.com.

CLASS 1A-2A

SECTION 1

SITE: Montgomery-The Trails at AUM (7400 East Dr., Montgomery, AL 36117)
DATE: Nov. 1
DIRECTOR: Jeff McIntyre, Trinity Presbyterian School, 1700 E Trinity Blvd, 36106
Phone: 334-213-2100 (school) or 334-850-5578 (cell) **Fax:** 334-277-6782
REMINDE: text the code @xc1a2a4a18 to phone number 81010
Email: jmcintyre@trinitywildcats.com
TEAMS: Cottage Hill, Elberta, Fayetteville, Florala, Goshen, Horseshoe Bend, Kinston, Millry, Pleasant Home, Red Level, St. Luke's, Zion Chapel

SECTION 2

SITE: Tuscaloosa – Sokol Park
DATE: Nov. 1
DIRECTOR: Charles Tiller, American Christian, 2300 Veterans Memorial Pkwy., Tuscaloosa, AL, 35404
Phone: 205-553-5963 (school) or 205-454-7033 (cell)
Fax: 205-553-5942
Email: coachtiller@gmail.com
TEAMS: Addison, Altamont, Berry, Cleveland, Cold Springs, Cornerstone, Decatur Heritage, Falkville, Heritage Christian, Holy Spirit, Jefferson Christian, Marion County, Meek

SECTION 3

SITE: Madison – Palmer Park
DATE: Nov. 1
DIRECTOR: James Bell, James Clemens HS, 11306 County Line Rd., Madison, AL 35756
Phone: 256-216-5313 (school) or 205-533-0636 (cell)
Fax: 256-258-8017
Email: james.bell@madsioncity.k12.al.us
TEAMS: Athens Bible, Belgreen, Cherokee, Colbert County, Covenant Christian, Hatton, Lindsay Lane, Mars Hill Bible, Oakwood Adventist, Shoals Christian, Tanner, Vina, Whitesburg Christian, Woodville

SECTION 4

SITE: Oxford – Choccolocco Park
DATE: Nov. 1
DIRECTOR: Casey Howell, 100 Cherokee Trail, Ohatchee, AL 36271
Phone: 256-741-4907 (school) or 256-343-1438 (cell)
Fax: 256-892-9181
Email: chowell.oh@ccboe.us
TEAMS: Asbury, Cedar Bluff, Coosa Christian, Donoho, Faith Christian, Fyffe, Gaston, Ider, Jacksonville Christian, North Sand Mountain, Ohatchee, Sacred Heart, Section, Skyline, Westbrook Christian

CLASS 3A

SECTION 1

SITE: Daphne - Loxley Municipal Park
DATE: Nov. 1
DIRECTOR: Joe Swagart, Bayside Academy, 303 Dryer Avenue, Daphne, AL 36526
Phone: 251-338-6400 (school) or 251-509-8535 (cell)
Fax: 251-338-6311
Email: jswagart@baysideacademy.org
TEAMS: Bayside Academy, Flomaton, Houston Academy, Mobile Christian, Opp, Providence Christian, St. Michael, Straughn, T.R. Miller, Wicksburg

SECTION 2

SITE: Auburn – Kiesel Park
DATE: Nov. 1
DIRECTOR: Dan Norton, Auburn H.S., 405 Dean Rd., Auburn, AL 36830
Phone: 334-887-4970 (school) or 334-559-9660 (cell)
Fax: 334-887-2126
Email: dnorton@auburnschools.org
TEAMS: B.T.W. Magnet, Dadeville, Glencoe, Pike Road, Pleasant Valley, Prattville Christian, Randolph County, Saint James, Saks, Westminster-Oak Mountain

SECTION 3

SITE: Cullman - Fairview High School
DATE: Nov. 1
DIRECTOR: Hobson Hite, Fairview HS, 841 Welcome Rd., Cullman, AL 35058
Phone: 256-796-5106 (school) or 256-338-0566 (cell)
Fax: 256-796-9025
Email: hhite@ccboe.org
TEAMS: Fultondale, Hanceville, Holly Pond, Holt, J.B. Pennington, Locust Fork, Oakman, Phil Campbell, St. Bernard, Susan Moore, Vinemont, Winfield

SECTION 4

SITE: Scottsboro – Scottsboro High School
DATE: Nov. 1
DIRECTOR: Luke Robinson, Scottsboro HS, 25053 John T. Reid Pkwy., Scottsboro, AL, 35768
Phone: 256-218-2000 (school) or 256-599-1167 (cell)
Fax: 256-218-2090
Email: lrobinson@scottsboroschools.net
TEAMS: Brindlee Mountain, Clements, Colbert Heights, East Lawrence, Geraldine, Lauderdale County, Lexington, New Hope, Pisgah, Westminster Christian

CLASS 4A

SECTION 1

SITE: Montgomery-The Trails at AUM (7400 East Dr., Montgomery, AL 36117)
DATE: Nov. 1
DIRECTOR: Jeff McIntyre, Trinity Presbyterian School, 1700 E Trinity Blvd, 36106
Phone: 334-213-2100 (school) or 334-850-5578 (cell) **Fax:** 334-277-6782
REMIND: text the code @xc1a2a4a18 to phone number 81010
Email: jmcintyre@trinitywildcats.com
TEAMS: Alabama Christian, Andalusia, Elmore County, Headland, Holtville, LAMP, Montgomery Academy, Montgomery Catholic, Trinity Presbyterian, UMS-Wright

SECTION 2

SITE: Tuscaloosa – Sokol Park
DATE: Nov. 1
DIRECTOR: Charles Tiller, American Christian, 2300 Veterans Memorial Pkwy., Tuscaloosa, AL, 35404
Phone: 205-553-5963 (school) or 205-454-7033 (cell)
Fax: 205-553-5942
Email: coachtiller@gmail.com
TEAMS: American Christian, Childersburg, Danville, Good Hope, Haleyville, Indian Springs, Leeds, Montevallo, Northside, Oak Grove, Sipsey Valley, West Blocton

SECTION 3

SITE: Cullman - Fairview High School
DATE: Nov. 1
DIRECTOR: Hobson Hite, Fairview HS, 841 Welcome Rd., Cullman, AL 35058
Phone: 256-796-5106 (school) or 256-338-0566 (cell)
Fax: 256-796-9025
Email: hhite@ccboe.org
TEAMS: Anniston, Ashville, Cherokee County, Cleburne County, DAR, Fairview, Handley, Hokes Bluff, Jacksonville, Lincoln, Oneonta, White Plains

SECTION 4

SITE: Madison – Palmer Park
DATE: Nov. 1
DIRECTOR: James Bell, James Clemens HS, 11306 County Line Rd., Madison, AL 35756
Phone: 256-216-5313 (school) or 205-533-0636 (cell)
Fax: 256-258-8017
Email: james.bell@madisoncity.k12.al.us
TEAMS: Brooks, Central-Florence, Deshler, Elkmont, Madison Academy, North Jackson, Priceville, Rogers, St. John Paul II, West Limestone, West Morgan, Wilson

CLASS 5A

SECTION 1

SITE: Mobile – Langan Park
DATE: Nov. 1
DIRECTOR: Paul Agnew, Baker HS, 8901 Airport Blvd., Mobile, AL 36608
Phone: 251-221-3000 (school) or 251-656-1741 (cell)
Fax: 251-221-3004
Email: pjagnew@mcpss.com or pagnew320@gmail.com
TEAMS: Bibb County, Brewbaker Tech, Charles Henderson, Citronelle, Demopolis, Faith Academy, Jackson, LeFlore, Satsuma, Tallassee, Vigor

SECTION 2

SITE: Oxford – Choccolocco Park
DATE: Nov. 1
DIRECTOR: Casey Howell, 100 Cherokee Trail, Ohatchee, AL 36271
Phone: 256-741-4907 (school) or 256-343-1438 (cell)
Fax: 256-892-9181
Email: chowell.oh@ccboe.us
TEAMS: Alexandria, Beauregard, Boaz, Central-Clay County, Douglas, Etowah, Moody, Munford, St. Clair County, Sardis, Southside-Gadsden, Springville, Valley

SECTION 3

SITE: Trussville-Hewitt Trussville
DATE: Nov. 1
DIRECTOR: David Dobbs, Hewitt-Trussville HS, 6450 Husky Pkwy., Trussville, AL 35173
Phone: 205-228-4000 (school) or 205-919-0332 (cell)
Fax: 205-228-4001
Email: David.dobbs@trussvillecityschools.com
TEAMS: Briarwood, Center Point, Central-Tuscaloosa, Corner, Hamilton, Jasper, John Carroll, Mortimer Jordan, Parker, Pleasant Grove, Shelby County, Wenonah, Woodlawn

SECTION 4

SITE: Scottsboro – Scottsboro High School
DATE: Nov. 1
DIRECTOR: Luke Robinson, Scottsboro HS, 25053 John T. Reid Pkwy., Scottsboro, AL, 35768
Phone: 256-218-2000 (school) or 256-599-1167 (cell)
Fax: 256-218-2090
Email: lrobinson@scottsboroschools.net
TEAMS: Arab, Ardmore, Brewer, East Limestone, Guntersville, Lawrence County, Madison County, Randolph, Russellville, Scottsboro, West Point

CLASS 6A

SECTION 1

SITE: Mobile – Langan Park
DATE: Nov. 1
DIRECTOR: Paul Agnew, Baker HS, 8901 Airport Blvd., Mobile, AL 36608
Phone: 251-221-3000 (school) or 251-656-1741 (cell)
Fax: 251-221-3004
Email: pjagnew@mcps.com or pagnew320@gmail.com
TEAMS: Baldwin County, B.C. Rain, Blount, Daphne, Gulf Shores, Robertsdale, Saraland, Spanish Fort, St. Paul's

SECTION 2

SITE: Auburn – Kiesel Park
DATE: Nov. 1
DIRECTOR: Dan Norton, Auburn H.S., 405 Dean Rd., Auburn, AL 36830
Phone: 334-887-4970 (school) or 334-559-9660 (cell)
Fax: 334-887-2126
Email: dnorton@auburnschools.org
TEAMS: Carver-Montgomery, Dothan, Eufaula, Northview, Opelika, Park Crossing, Russell County, Sidney Lanier

SECTION 3

SITE: Trussville-Hewitt Trussville
DATE: Nov. 1
DIRECTOR: David Dobbs, Hewitt-Trussville HS, 6450 Husky Pkwy., Trussville, AL 35173
Phone: 205-228-4000 (school) or 205-919-0332 (cell)
Fax: 205-228-4001
Email: David.dobbs@trussvillecityschools.com
TEAMS: Benjamin Russell, Calera, Chelsea, Helena, Homewood, Pelham, Shades Valley, Stanhope Elmore, Wetumpka

SECTION 4

SITE: Tuscaloosa – Sokol Park
DATE: Nov. 1
DIRECTOR: Charles Tiller, American Christian, 2300 Veterans Memorial Pkwy., Tuscaloosa, AL, 35404
Phone: 205-553-5963 (school) or 205-454-7033 (cell)
Fax: 205-553-5942
Email: coachtiller@gmail.com
TEAMS: Brookwood, Carver-Birmingham, Gardendale, Hillcrest-Tuscaloosa, Hueytown, Jackson-Olin, McAdory, Minor, Northridge, Paul Bryant

SECTION 5

SITE: Oxford – Choccolocco Park
DATE: Nov. 1
DIRECTOR: Casey Howell, 100 Cherokee Trail, Ohatchee, AL 36271
Phone: 256-741-4907 (school) or 256-343-1438 (cell)
Fax: 256-892-9181
Email: chowell.oh@ccboe.us
TEAMS: Albertville, Clay-Chalkville, Cullman, Fort Payne, Huffman, Oxford, Pell City, Pinson Valley

SECTION 6

SITE: Madison – Palmer Park
DATE: Nov. 1
DIRECTOR: James Bell, James Clemens HS, 11306 County Line Rd., Madison, AL 35756
Phone: 256-216-5313 (school) or 205-533-0636 (cell)
Fax: 256-258-8017
Email: james.bell@madisoncity.k12.al.us
TEAMS: Athens, Buckhorn, Columbia, Decatur, Hartselle, Hazel Green, Lee, Mae Jemison, Muscle Shoals

CLASS 7A

SECTION 1

SITE: Mobile – Langan Park
DATE: Nov. 1
DIRECTOR: Paul Agnew, Baker HS, 8901 Airport Blvd., Mobile, AL 36608
Phone: 251-221-3000 (school) or 251-656-1741 (cell)
Fax: 251-221-3004
Email: pjagnew@mcpss.com or pagnew320@gmail.com
TEAMS: Alma Bryant, Baker, Davidson, Fairhope, Foley, Mary G. Montgomery, McGill Toolen, Murphy, Theodore

SECTION 2

SITE: Auburn – Kiesel Park
DATE: Nov. 1
DIRECTOR: Dan Norton, Auburn H.S., 405 Dean Rd., Auburn, AL 36830
Phone: 334-887-4970 (school) or 334-559-9660 (cell)
Fax: 334-887-2126
Email: dnorton@auburnschools.org
TEAMS: Auburn, Central-Phenix City, Enterprise, Jeff Davis, Prattville, R.E. Lee, Smiths Station

SECTION 3

SITE: Trussville-Hewitt Trussville
DATE: Nov. 1
DIRECTOR: David Dobbs, Hewitt-Trussville HS, 6450 Husky Pkwy., Trussville, AL 35173
Phone: 205-228-4000 (school) or 205-919-0332 (cell)
Fax: 205-228-4001
Email: David.dobbs@trussvillecityschools.com
TEAMS: Hoover, Mountain Brook, Oak Mountain, Spain Park, Thompson, Tuscaloosa County, Vestavia Hills

SECTION 4

SITE: Madison – Palmer Park
DATE: Nov. 1
DIRECTOR: James Bell, James Clemens HS, 11306 County Line Rd., Madison, AL 35756
Phone: 256-216-5313 (school) or 205-533-0636 (cell)
Fax: 256-258-8017
Email: james.bell@madisoncity.k12.al.us
TEAMS: Austin, Bob Jones, Florence, Gadsden City, Grissom, Hewitt-Trussville, Huntsville, James Clemens, Sparkman

State Meet

CLASS 1A-2A, 3A, 4A, 5A, 6A and 7A

- DATE:** Nov. 10
- SITE:** Moulton – Oakville Indian Mounds Park & Museum
- DIRECTOR:** Dewaye Key, **Phone:** 256-627-8444
- MEET REFEREE:** Houston Young
Phone: 334-413-4309 (cell)
Email: houston211@hotmail.com
- ENTRIES:** Section meet directors must use Meet Manager Software, only versions 5.0 or 6.0 are acceptable. Once the meet is complete a complete back-up of the meet must be emailed to xpress28@aol.com no later than 24 hours after meet.
- SUBSTITUTIONS:** May be made before midnight on Wednesday, Nov. 8 by email to xpress28@aol.com
- ADMISSION:** \$10 Per Person
- CHECK-IN:** Not later than one hour prior to the starting time for each division.
- SCHEDULE:**
- | | |
|--------------|-----------------------------|
| 8:30 | 4A Girls |
| 8:50 | 3A Boys |
| 9:10 | 6A Girls |
| 9:30 | 4A Boys |
| 9:50 | 3A Girls |
| 10:10 | 6A Boys |
| 10:15 | 4A Awards |
| 10:30 | 5A Girls |
| 10:45 | 3A Awards |
| 10:50 | 1A-2A Boys |
| 11:10 | 7A Girls |
| 11:15 | 6A Awards |
| 11:30 | 5A Boys |
| 11:50 | 1A-2A Girls |
| 12:10 | 7A Boys |
| 12:30 | 1A-2A, 5A, 7A Awards |
- AWARDS:** (a) Trophies for winner and runner-up teams in each division
(b) Medals for first 15 places in each division
- TROPHY:** It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.
- PETS:** None are allowed.
- (**Note:** The course at the Oakville Indian Mounds Park & Museum is open year round (8 a.m.-4 p.m. on weekdays and 1-4 p.m. on Saturdays and Sundays. The contact at the course is Casey Reed at 256-476-9317.)
- PHOTOS:** All teams advancing from section meets to the state meet must send a high resolution digital team photo and team roster (excel format) to tournament program coordinator Dennis Victory at AHSAA@cfxsports.com by 5 p.m. on the Sunday following the section meet.

Schools must report meet team and individual results to: tloreman@milesplit.com. Complete results must be submitted in a "flat html" format from either HyTek or RaceTab. Schools must also use MileSplit for online entry for all sanctioned meets. Contact Tim Loreman at the above mentioned email for more information.

The entries for each sectional meet will be done online at the Alabama Runners website (www.alabamarunners.com.) Every school entering a section meet must use this site and set up the school with the four-letter codes already assigned. All questions or problems regarding entering a section meet should be directed to Alabama Runners.