

Southwest Middle School XC Championship 2024

Welcome the 7th 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.

Date: Wednesday, September 18th, 2024

Race Schedule:

Race (Division)	Time	Distance	Medals	Entry Details (Grades)
Girls – Green (C-team)	4:00pm	1600m	10	Unlimited (7 th & 8 th)
Boys – Green (C-team)	4:20pm	1600m	10	Unlimited (7 th & 8 th)
Awards Handed out in the Chute				
Girls – Black (B-team/Small School)	4:40pm	3200m	10	Unlimited (7 th & 8 th)
Boys – Black (B-team/Small School)	5:10pm	3200m	10	Unlimited (7 th & 8 th)
Awards Handed out in the Chute				
Girls – GOLD (Championship)	5:40pm	3200m	20	Top 7 (7 th & 8 th)
Boys – GOLD (Championship)	6:10pm	3200m	20	Top 7 (7 th & 8 th)
Awards Ceremony	6:40pm – For All Championship Races			

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

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

Awards/Scoring: We will hand out medals in the finishing chute for the boys & girls Green & Black Races. **There will be an award ceremony after the boys Gold race to announce the top 20 medalists for the boys & girls GOLD Races. (See Schedule above).** 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.

Race	Individual Medals	Team Plaques
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 \$50.** The Blue Valley timing group will be timing the event for every athlete. We will be registering athletes through www.ks.milesplit.com. Click the first link below to register for the meet. You DO NOT need to declare which race the athlete will run. You can also contact me, (Aaron Ballew – ajballew@bluevalleyk12.org) with questions.

Submit your Entries Online, using the link below by September 16th, 2024 – 5PM

<https://ks.milesplit.com/meets/630326/registration>

For More Information about how to register

<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 BVSW XC website & sent to the coaches, Assistant Principals & ks.milesplit.com after the meet.

*If you have any questions, Contact me (ajballew@bluevalleyk12.org).

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Drop off/Tents: If athletes are arriving on a team/school bus, 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 175th 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. **The entrance of the course has been moved to behind the Soccer stadium.**

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 7th or 8th 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 7th or 8th 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 7th or 8th 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 **2:45pm** & navigating the parking lot can be difficult between **2:45-3:00pm**. Please plan accordingly.

Entrance to Course: Parents & Fans can enter the course through the main athletic entrance between the soccer & football fields. With construction on our baseball & softball fields you will need to enter the course by walking **BEHIND the soccer stadium stands** after entering the athletic complex.

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
ajballew@bluevalleyk12.org

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