

Bull Run District Cross Country Meet

Hosted by Central High School

1147 Susan Avenue

Woodstock, Virginia 22664

Date: Wednesday, October 24, 2018

Directors: Justin Broughman, Athletic Director at Central High School

- Cell Phone: 540-969-9766

Melissa Wright, Head Cross Country Coach at Central High School

- Cell Phone: 540-325-8853

Times and Schedule: The course will be available starting at 2:00PM for walk-through and warm-ups. A brief meeting for coaches will be held by the scorer's table near the white farm house on the property at 3:30PM.

Times for races are:

- **Boys Varsity Race** – 4:00PM
- **Girls Varsity Race** – Approximately 4:40PM (ten minutes following conclusion of boys' race)
- **Combined Developmental Race** – Approximately 5:20PM (ten minutes following conclusion of girls' race)
- **Announcement of Winners and All-District Team** – Approximately 6:00PM

Location: North Street Cross Country Course in Woodstock, Virginia

- **From I-81 South:**

- Take Exit 283 into the town of Woodstock. Turn right at the light as you exit I-81S. At the second stop light at the bottom of the hill by Sheetz, turn left onto Route 11 North. At the fourth light you come to in the town of Woodstock, turn left onto North Street. Proceed approximately 0.7 miles, and the course will be on the right side immediately before you pass over the bridge above the interstate and before you get to the Woodstock water tower. Bus parking will be next to the white farm house on the right.

- **From I-81 North:**

- Take Exit 291 at Toms Brook. Turn left off of the interstate. Continue approximately one mile and turn right onto Route 11 South. Pass through the towns of Toms Brook and Maurertown until you enter Woodstock (approximately 5 miles). As you enter the town of Woodstock, take a right at the first stoplight onto North Street. Proceed approximately 0.7 miles and the course will be on the right, immediately before you pass over the interstate and before the Woodstock water tower. Bus parking will be next to the white farm house on the right.

- For GPS directions, "Fairview Park" in Woodstock will lead you closest to the course.

Parking: Ample parking is available. Buses will park next to the white farm house next to the course.

Spectators will park in a field next to the course or in a small cul-de-sac adjacent to the course. Workers will be available to help direct spectators where to park.

Admission: \$5.00

Passes Accepted: VHSL, VHSCA, VIAAA, and the Bull Run District Pass; no individual school's passes, including Central High School passes and Shenandoah County teacher badges, will be accepted as this is a postseason event.

Rule Book: The current National Federation and VHSL rule books will govern the competition.

Facility/Restrooms: No changing facilities are available at the course. Three portable toilets will be available at the course for use, including one handicapped portable toilet. Teams are encouraged to use restroom facilities at Sheetz on Main Street in Woodstock.

Registration and Entries: Team are asked to register runners on MileStat by Sunday, October 21st at 12:00PM. The event is called “Bull Run District Meet” and can be accessed at:
<http://va.milesplit.com/meets/332810/info#.W8Yv2HtKiM8>

Schools may enter a maximum of 10 runners in each varsity race. Schools may run no more than 7 runners in each varsity race. Schools may enter a maximum of ten males and ten females in the combined developmental race.

Administration: We will be using the chute/card system. All athletes will be given a finish card in the chute. All athletes will also be wearing tear-off tags to be worn on the back left shoulder that will be collected at the end of the chute. Please instruct athletes to pin only the indicated area and not the tear-off portion. Coaches will collect all athletes’ finish cards after they clear the chute, put the athlete’s name on the chute card, and place those in a supplied envelope for a quick score. There cards will be turned back in to the scorer’s table at the conclusion of the race.

Athletic Trainer: Since Central will have a home JV Football game on Wednesday, October 24th, no athletic trainer will be on-site. The Woodstock Fire and Rescue Squad will be on stand-by.

Region 2B Cross Country Meet and Advancement: The Region 2B Cross Country Meet will be held at the New Market Battlefield Course on Tuesday, October 30th. The varsity boys’ race is scheduled to begin at 10:30AM and the varsity girls’ race is scheduled to begin at 11:30AM. The top-4 teams from among Clarke County, Central, Strasburg, Madison County, and George Mason will advance to the Region 2B meet. Any individual that finishes in the top-15 overall of the 2A runners will also advance.

Course Map: See below.

