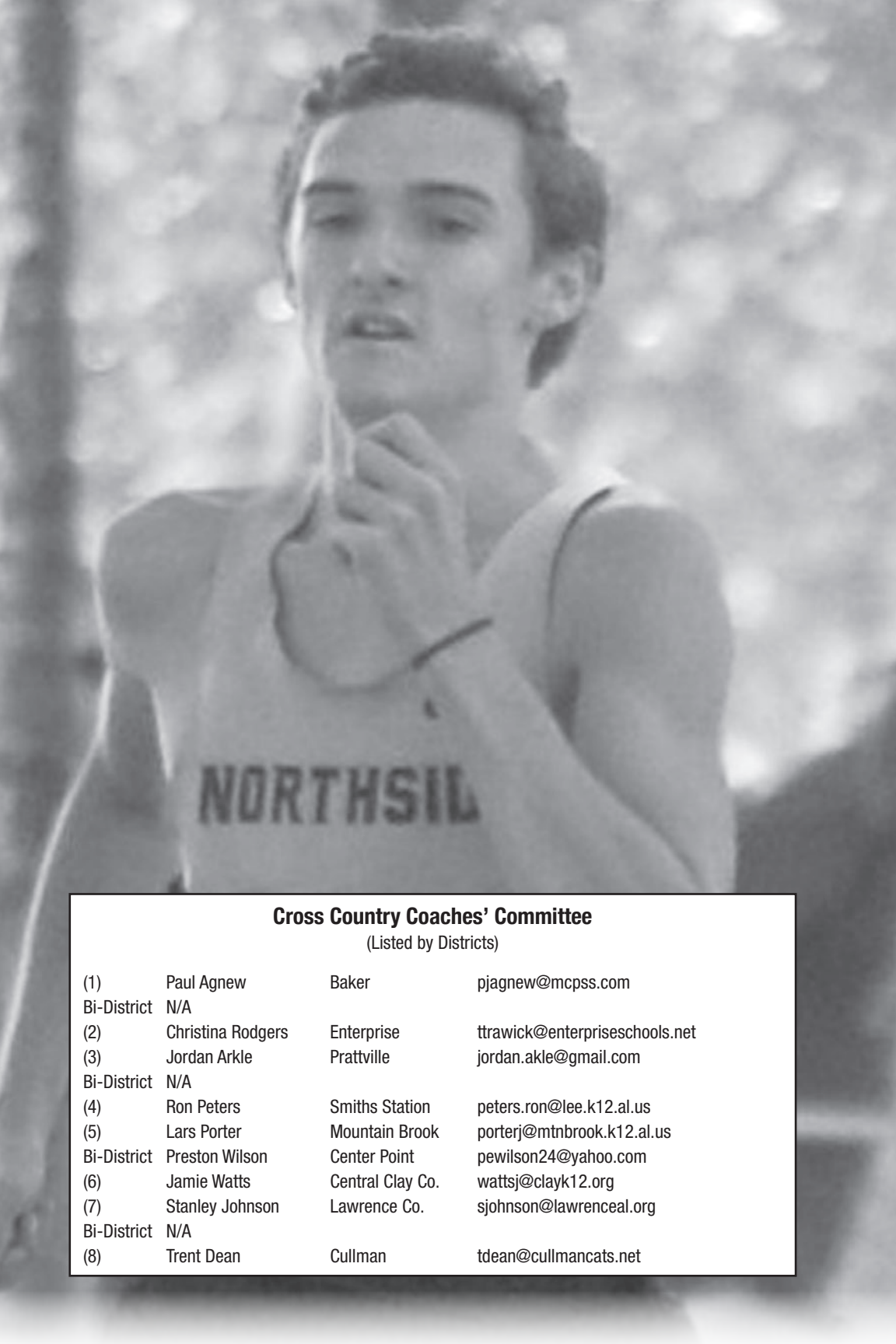




# CROSS COUNTRY





### **Cross Country Coaches' Committee**

(Listed by Districts)

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

# 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](http://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](mailto: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](mailto: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](mailto: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. 2  
**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 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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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. 2  
**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:** Hewitt-Trussville, Hoover, Mountain Brook, Oak Mountain, Spain Park, Thompson, Tuscaloosa County, Vestavia Hills

### SECTION 4

**SITE:** Madison – Palmer Park  
**DATE:** Nov. 2  
**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, 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                     |
| <b>10:15</b> | <b>4A Awards</b>            |
| 10:30        | 5A Girls                    |
| <b>10:45</b> | <b>3A Awards</b>            |
| 10:50        | 1A-2A Boys                  |
| 11:10        | 7A Girls                    |
| <b>11:15</b> | <b>6A Awards</b>            |
| 11:30        | 5A Boys                     |
| 11:50        | 1A-2A Girls                 |
| 12:10        | 7A Boys                     |
| <b>12:30</b> | <b>1A-2A, 5A, 7A Awards</b> |
- 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](mailto: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](http://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.**