

2009 PIAA District IX Cross Country Championships Press Release September 30, 2009

To: Newspapers and Media
From: Jeff Kepler, District 9 Cross Country Chairperson
Re: **2009 District 9 Cross Country Championship – October 31, 2009**
Date: Wednesday, September 30, 2009
Cc: District 9 Committee Members

The following information concerns the District 9 Cross Country Championships:

Date of Meet: Saturday, October 31, 2009

Location: Francis S. Grandinetti Elementary School (Formerly Ridgway Elementary School), Ridgway, PA. Grandinetti Elementary is located on Route 219 one mile south of the Borough of Ridgway. Coming from the south on Route 219, the school is located on Boot Jack Mountain just prior to the truck by-pass down the mountain.

Course: The course is a challenging 5000 meter course. The first and last miles will be on a grassy surface clearly visible to coaches and spectators. The middle mile will be on grass and groomed trails through woods and fields. There are hills! Spikes of 1/4” or 3/8” are recommended. This is the same course that the 2008 District Championship meet was run.

Entry Deadline: **3 P.M. on Wednesday, October 28, 2009.** Athletes must be entered online at www.directathletics.com (Site will be available Wednesday, October 7, 2009) website by the principal or his/her designee. Questions should be addressed to Jeff Kepler at 814-837-6821 x4201 (Kane Area High School).

Time Schedule:

Registration Begins / Pick-Up Packets (in Finish Tent)	9:30
**Course Inspection	9:30
Registration Ends	10:15
Coaches Meeting (in cafeteria)	10:30
“AA” Girls Championship Race	11:00
“AAA” Girls Championship Race	11:45
“AA” Boys Championship Race	12:30
“AAA” Boys Championship Race	1:15
Varsity Extra Race – Boys & Girls – “AAA” & “AA” (run together)	2:00
Awards	2:45

**** NOTE:** Teams will be given a map with their packets and may take tour the course on their own.

Results: Final results will be posted at the meet within 45 minutes of each race. All results will be posted Saturday evening following the meet on the www.directathletics.com website and as soon as possible on the D9 website.

PIAA State Meet: The following number of teams and individuals will qualify for the State Championships which will be held in Hershey on Saturday, November 7, 2009 at Parkview Cross Country Course:

AAA: First place team plus next FIVE individual runners

AA: Top TWO teams plus next TEN individual runners

PIAA State Meet information will be included in each school's team packet.

Please Note – Additional information regarding the PIAA State Meet can be found at <http://www.piaa.org>

Awards: District IX will award a Team Championship plaque to each first place team. Individual plaques will be awarded to each State Meet qualifier. Additional plaques can be ordered by contacting Aaron Straub at Elk County Catholic (814-834-7800). Awards will be presented in the elementary school cafeteria.

Meet Management: Meet Director – Jeff Kepler Kane Area High School. 814-837-6821 x4201
Asst. Meet Director - Aaron Straub Elk Co. Catholic H.S. 814-834-7800
Site Manager— Sandi Hanes Ridgway Area S.D. 814-773-3164