

2014 SCAC Cross Country District Championships

Date: October 30, 2014

Venue: Apple Ridge Run – Highland High School CC Course

Meet Schedule:

3:00 – Coaches meeting at the finish line – lottery for starting lanes

3:10 – Race officials meeting

3:15 – National Anthem

3:20 – Girls starting line inspection

3:30 – Varsity girls' race – 3 miles

4:05 – Boys starting line inspection

4:15 – Boys' varsity race – 3 miles

5:00 – Awards

Involved Schools: Cle Elum/Roslyn, Columbia-Burbank, Connell, Goldendale, Granger, Highland, Kiona-Benton, Naches Valley, Royal, Wahluke, and Zillah

Pre-Meet Information:

1. Please enter up to nine girls and boys on athletic.net by Tuesday, October 28 at 11:59 pm (These nine entries will automatically transfer to the State Meet for teams who qualify.)
2. Course availability – The course can be used leading up to race day.

Driving directions:

- a. From HWY 12 West (heading towards Naches), take the 40th Avenue Exit into Yakima.
- b. Stay on 40th Ave. for about 1.5 miles and take a right on Summitview.
- c. Continue west on Summitview for almost 10 miles (towards Cowiche).
- d. While on Summitview, you'll eventually head down a steep grade into the Cowiche Valley (before you get to the city of Cowiche). At the bottom of the grade on the right is a log cabin called the Summitview Cowiche Veterinary Clinic. Take the right just past the clinic on Weikel Road.
- e. Stay on Weikel for nearly a mile and turn right on Zimmerman Road.
- f. After a mile up Zimmerman, turn left on Naches Heights Road.

Spectators: Stay on Naches Heights Road for a ½ mile and turn left onto Wherry Road (there's a big red sign there to welcome you) After a ¼ mile down Wherry Road, you'll see the course and signs for parking.

Buses: Continue past Wherry Road to the Fire Station. Pull into the Fire Station parking lot and proceed down the hill by the Apple Ridge Run sign.

Meet Day Information:

1. The course will be open at 2:00 P.M.
2. Coaches Meeting – 3:00 at the starting line
 - a. submit change form if needed
 - b. team packets
 - c. lottery for starting line assignments
 - d. introduce meet officials
 - e. other business
3. National Federation rules in relation to uniforms will be in effect. Please check your athletes' attire as it will be inspected at the starting line. Our goal – NO UNIFORM DISQUALIFICATIONS.
4. The finish line will be videotaped during each race.
5. Awards ceremony:
 - a. each team gets a hard copy of the results
 - b. league team champion trophies
 - c. ribbons to individual state qualifiers (15 boys, 10 girls)
 - d. All-League certificates (7 honorable mention, 7 2nd team, 7 1st team)
 - e. district team plaques to winners (3 boys teams to state, 2 for girls)
6. Admission will be charged at a gate near the spectator parking - \$6 for adults and \$4 for students.

*A JV race will be conducted on Friday, October 31, 2014. This meet will be ran by the CWAC and should be on athletic.net. Please understand runners may ONLY participate in ONE race – SCAC District Race or the JV Race.