

**VIRGINIA INDEPENDENT SCHOOLS**  
**45th ANNUAL VARSITY CROSS-COUNTRY CHAMPIONSHIPS**  
**FRIDAY, NOVEMBER 13, 2009 AT WOODBERRY FOREST**

**2:30 p.m. DIVISION I BOYS' CHAMPIONSHIP RACE 5000 meters**

**Eligibility:** The male population of the school must be 161 students or more between grades 9-12.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

**Awards:** Plaques to champion, runner-up, and third place teams.

Medals awarded to places 1 through 20. Top 20 are considered Division I Boys' All-State.

**3:00 p.m. DIVISION I GIRLS' CHAMPIONSHIP RACE 5000 meters**

**Eligibility:** The female population of the school must be 161 students or more between grades 9-12.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

**Awards:** Plaques to champion, runner-up, and third place teams.

Medals awarded to places 1 through 20. Top 20 are considered Division I Girls' All-State.

**3:30 p.m. DIVISION II BOYS' CHAMPIONSHIP RACE 5000 meters**

**Eligibility:** The male population of the school must be less than 161 students between grades 9-12.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

**Awards:** Plaques to champion, runner-up, and third place teams.

Medals awarded to places 1 through 20. Top 20 are considered Division II Boys' All-State.

**4:00 p.m. DIVISION II GIRLS' CHAMPIONSHIP RACE 5000 meters**

**Eligibility:** The female population of the school must be less than 161 students between grades 9-12.

A team may consist of 5 - 12 runners (Teams running more than 12 will be disqualified).

**Awards:** Plaques to champion, runner-up, and third place teams.

Medals awarded to places 1 through 20. Top 20 are considered Division II Girls' All-State.

**Meet Officials and Helpers**

**Each team is requested to have a coach or assistant coach assist in the proper monitoring of the course as well as the finish area. When you send in your team roster, please include the name of your volunteer.**

## **Important Reminders**

**PRACTICE:** The course will not be available for practice.

**WARMING UP:** Teams should warm up near the start line which is located on the fairway behind left field of the baseball diamond.

**DRESSING:** All competitors are asked to arrive at the course dressed. Lockers and towels will not be available. The Barbee Center will be closed. There will be porto-potties on site.

**CHECK IN:**

No later than (1:45). Look for the tent and desk near the entrance of the Woodberry Forest Barbee Center

**ATHLETES-** Athletes must be wearing and show their uniform.

**COACHES/ADDITIONAL PERSONNEL** -All coaches must check in at the COACHES TENT to pick up their information.

**TENTS:** Any tent must be set up behind the Barbee Center. Tents set up anywhere else will be removed.

**TRASH:** Teams are responsible for picking up after themselves.

**PARKING: BUS DRIVERS-**Buses and vans should be parked behind the Barbee Center or as directed by Woodberry personnel. No bus will be permitted to go up the hill past the Barbee Center. Please use this space so as not to congest the course. Spectator parking will be to the right upon entering the Woodberry campus.