

## 2020 Occoquan Region Cross Country Tournament Format



**DIRECTOR:**  
West Springfield HS  
Contact Information:

Andy Muir

**ASSISTANT DIRECTOR:**  
Contact Information:

**DATES & SITES:**

Date	Time	Event	Location
Thursday, April 15th, 2021	TBD	Championship	Burke Lake Park 7315 Ox Rd Fairfax Station, VA 22039
*Rain Date: Friday, April 16th, 2021 <i>Same Times as Above</i>			

\*The coaches meeting will be held at Burke Lake on **45 minutes prior to the Start of the first race.**

**ENTRIES:** Each School in the Occoquan Region will be permitted to have a team represent them at the regional championship race. Each Occoquan Region schools will enter 10 members into each race in the regional tournament. Seven out of the ten entries will be considered race participants with three alternates. Only those team members entered on Milestat.com and VHSL entry form will be eligible for varsity regional tournament competition. Each competing school must submit to the tournament director a roster on VHSL Entry form by Sunday, April 11th, 2021. The entries must be submitted on milestat.com by 11:59pm the same day.

**SEEDING:** At the conclusion of all 3 district championships (Patriot, Gunston and National) held at Burke Lake Park, the individual times of each of the 14 Occoquan schools will be combined and scored as a virtual seeding race. The top 3 schools will be placed in the Pod A, next 3 schools in Pod B, Next 3 in Pod C, Next 3 in Pod D and the final 2 teams in Pod E. Each Pod will depart 1 minute apart.

**DETERMINATION OF REGION CHAMPIONS**

The team with the lowest points total winner will be declared the Region Champion for the boy's and girl's race

**AWARDS:** Trophies will be awarded for the first place & second place teams (boys & girls). The 10 members of the winning team will be awarded championship medals. The top 15 finishers in each of the Varsity Championship races (boys & girls) will be recognized with gold, silver and Bronze being awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finisher. The coach of the year is designated to the head coach of the winning team in each of the championship races.

**GENERAL:** **COURSE:** Course Map Link <http://va.milesplit.com/venues/62-burke-lake-298-mile-course>  
**RULES:** Cross Country section of the 2019 National Federation of State High School Associations edition of Track & Field and Cross Country rules.  
**ADVANCEMENT:** Top **TWO** teams per region and top **THREE** individuals (not on one of the advancing teams) will advance to the VHSL State Cross Country Championships on Thursday April 22<sup>nd</sup>, 2021 at Great Meadow, The Plains, VA.

VHSL State Tournament Format Link: <http://vhsl.org/cross-country/>