

2022 ACCAC/Region I Cross Country Championships

Date: Saturday October 29, 2022

Host: Central Arizona College

Contact: Jonathan Harmon 520-705-5971

Timing: Wingfoot Finish will provide chip timing

Course Location: 8470 N. Overfield Rd, Coolidge, AZ 85128

Schedule: 9:00 AM - Men 8K
(8:50 report to box check in with Clerk of Course)

10:00 AM - Women 5K
(9:50 report to box check in with Clerk of Course)

Box Assignments: Team box assignments will be determined by random draw. Assignments will be in your packet.

Course Description: The course will consist of compact packed and loose gravel. There will be one road crossing, which entrants will cross at the beginning and end of each race. The course will be marked with flags, cones, paint, and chalk.

Start/Finish Line: The start and finish lines will be behind George Young Gymnasium.

Awards: Team and individual awards will begin at 11:00 am near the start line.

Athletic Trainer: A Certified Athletic Trainer will be available near the finish line Approximately 1 hour prior to the start of the first race. Water will be located at the finish area.

Entry Procedure: Please register for the Region I Championship meet using Direct Athletics. Registration closes on October 26, 2022, at NOON. YOU MAY ENTER ONLY 7 ATHLETES PER MEN AND WOMENS TEAM. ALL ATHLETES MUST BE NJCAA CERTIFIED TO COMPETE IN THE CURRENT CROSS COUNTRY SEASON.

Please clean up any trash, wrappers, and bottles before you leave.