



ARCADIA VALLEY HIGH SCHOOL
DISTRICT CROSS COUNTRY @ AV SPORTS COMPLEX C2D1/C3D1
November 1, 2025

TIME SCHEDULE: Date: November 1, 2025

Location: Arcadia Valley Sports Complex

Times: *(unanimously decided on by the games committee)*

9:30am	Coaches Meeting (Not mandatory)
10:00am.	Class 3 Boys (Top 7 runners)
10:40 am.	Class 3 Girls (Top 7 runners)
11:20 am	Class 2 Boys (Top 7 runners)
12:00 pm	Class 2 Girls (Top 7 runners)

LOCATION: Arcadia Valley Sports Complex, Ironton, MO
650 W. Park Drive Ironton MO 63650
5000 Meter Cross Country Run (3.1 miles)
(The course is located behind the schools. Take the Career Tech Road between the elementary and middle/high school)

COURSE DESCRIPTION: The course is a two loop course that is flat (25 feet of elevation differential) and has mixed surfaces (grass, gravel and a little concrete) Start and finish lines are next to each other. Kilometers will be marked and also the 1 and 2 mile. The course is available for viewing any time. It is open to the public 24/7. If you would like to make special arrangements contact Megan Strange (AV cross country coach) at 573-808-5184 or mstrange@avr2.org (Map attached)

BUS PARKING: Drivers will be able to drop athletes off at the complex and will then be directed to parking.

GAMES COMMITTEE/JURY OF APPEALS: The games committee consists of the following:
Herculaneum-Kyle Davis/Woodland-Ryan Layton/Potosi-Amanda Politte/Central- Jenn Mills/ West County-Calvin Malloy/AV-Megan Strange

DISTRICT MEET MANAGER: Tara Lamb AVHS AD: tlamb@avr2.org

ENTRY: Registration will open on September 29. All entries must be done NO LATER than **October 27th by 6:00PM.** [Class 2](#) [Class 3](#)

ADMISSION FEE: \$6.00 (six years and older)

SHIRT SALES: T-shirts will be sold at the competition. Costs: short sleeve tee sizes S-XL \$16.00 2XL \$18.00/Long sleeve tee sizes S-XL \$18.00 2XL \$20.00

ENTRIES: [C2 Girls](#) [C2 Boys](#) [C3 Girls](#) [C3 Boys](#)

BOX

ASSIGNMENTS: [Class 2](#) [Class 3](#)

OFFICIALS: *TBD

AWARDS: As results become available/approximate times:

11:15am Class 3 Awards

12:30pm Class 2 Awards

(**Please be patient as we wait for timing results and organization of medals)

Medals will be awarded to the top 30 place individual runners
(boys and girls)

Plaques will be awarded to the 1st and 2nd place teams (boys and girls) and 4 teams will qualify for the state meet.

REMINDERS FROM OFFICIALS:

1. Reminder: I realize this is stating the obvious, however, only up to 7 runners may start the race from the same Team. There have been numerous instances over the last couple years where a Team started 8 at a District or Sectional (any number greater than 7 results in a disqualification for the entire Team). We will check to the best of our ability prior to race start but ultimately this is the responsibility of the Coach.
2. The uniform compliance rule is in effect (for a Team). Foundation undergarments are not part of the uniform. For any Coach not attending the Coaches meeting this serves as the first warning.
3. GPS watches can be worn, no watch/device can have 2-way communication.
4. No earbuds or headphones allowed during the race.
5. A 10/5/3 minute pre-race process will be utilized: A 10-minute gun before race start, 5-minute verbal before race start, 3-minute verbal (final run-outs at that time, and athletes should immediately return to the starting line for race instructions).
6. The standard Whistle / Flag starting procedure will be used. (will be explained to athletes during pre-race instructions).
7. Encourage athletes to leave their sweats on (assuming the weather is chilly or cold) until removal is instructed.
8. Reminder: No pacing of a participating athlete is allowed (by any non-participant).

Course Map:

