

2024 Region 1 Cross Country Championships

Date: Friday, October 25, 2024

Host: Mesa Community College

Contact: Dan Pescador 480-695-4769

Timing: Wingfoot Finish will provide chip timing

Course Location: 2155 E Knox Rd, Gilbert, AZ 85296

Schedule: 9:00 AM – Women's 5K
(8:50 report to box check in with Clerk of Course)

9:45 AM – Men's 8K
(9:35 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 grass, compact packed and loose gravel, and dirt canal trail path. The course will be marked with flags, cones, and paint/Chalk.

Start/Finish Line: The start and finish lines will be on the Soccer Fields

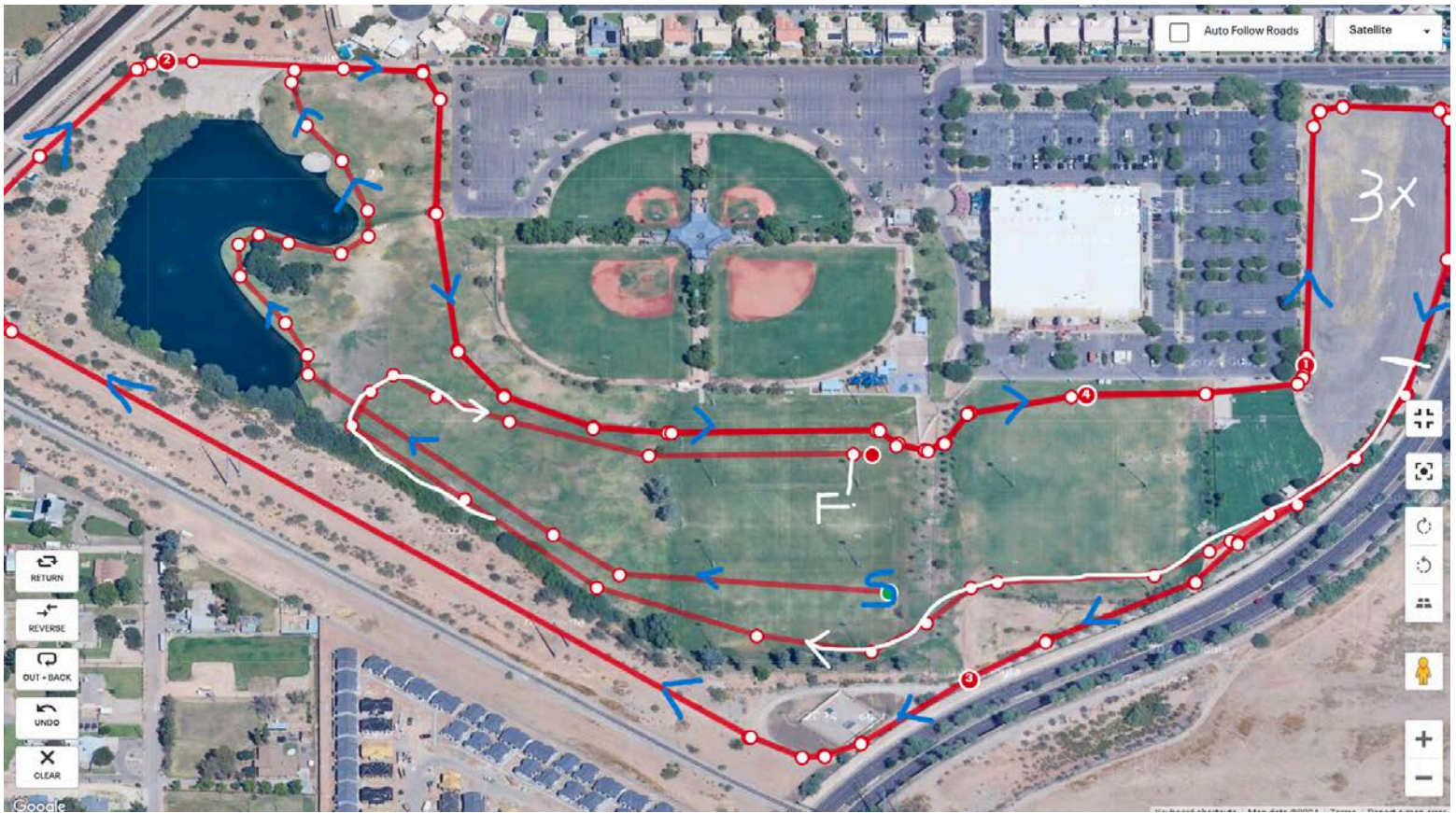
Awards: Team and individual awards will begin at 10:35 am near the start line.

Athletic Trainer: A certified athletic trainer will be available near the finish line approximately one 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 22, 2024**, 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.

Men's Course Map



Women's Course Map

