***12th Annual* Darlington Cross Country Festival**

Saturday, September 26, 2015

**High School (5K), Middle School (3200m), and Elementary (1 mile) races**

You must submit your entries online using Milesplit:[**http://ga.milesplit.com/meets/194681**](http://ga.milesplit.com/meets/194681)

If you have never used Milesplit start here:[**http://www.milesplit.us/pages/Online\_Meet\_Reg\_Instructions**](http://www.milesplit.us/pages/Online_Meet_Reg_Instructions)

**Deadline:** Online entry must be completed by Wed., Sept. 23 at midnight. Please mail checks by **Monday, 9/21**.

**Cost: $75 for one gender, one age group; $140 for HS boys & girls OR MS boys & girls.
$250 for HS boys & girls AND MS boys & girls. $5 per runner** for the Open 5K Race.

Make checks payable to Darlington School and mail to Katie Ellis, Darlington School, 1014 Cave Spring Rd SW, Rome, GA 30161.

**Entry: High school coaches:** Put your **top 27-32 runners** in the Milesplit entry for the meet. On race day you pick 7 to run in the varsity race, and pick 25 (girls) and 20 (boys) for the early JV races. You do not need to tell anyone which race a runner will participate in. Do not enter runners for the JV Unlimited race on Milesplit because they will not wear bib numbers and it will not be timed or scored. **No MS athletes in 5K races.**
**Middle school coaches:** **All of your runners** in the varsity and JV races must be listed in your Milesplit online entry; they will all wear bib numbers. Middle school runners must be in 6th, 7th, and 8th grades only. If you have anyone running in the Elementary 1-mile race add them to your Milesplit entry so they will be assigned a bib #.

**8:00 a.m. Open 5K Race** (No HS athletes, $5 entry fee, or free entry for coaches of participating HS or MS teams!)
8:45 JV HS Girls 5K (25 runners per team, must be sub-30 min. 5K, no team awards, but race will be scored & timed)
9:20 JV HS Boys 5K (20 runners per team, must be sub-30 min. 5K, no team awards, but race will be scored & timed)
**9:50 Varsity HS Girls 5K (Max. 30 teams, top-7 runners, must be sub-30 5K)
10:25 Varsity HS Boys 5K (Max. 30 teams, top-7 runners, must be sub-30 5K)**
10:55 JV HS Boys & Girls 5K unlimited (No bib numbers, no official timing or scoring; clock at the finish)
 \*\*\**All five high school races are for 9th-12th grade students ONLY.\*\*\**Girls 5K Course record: 18:00, Taylor Tuttle, Providence Christian Academy, 2013
 Boys 5K Course record: 15:52, Michael Thurston, Marist, 2013
11:45 Elementary (Up to 5th grade) 1-mile race **(Must register on Milesplit individually or through their MS team)
12:00 MS Varsity girls 3200m (Max. 30 teams, top-7 runners)
12:30 MS Varsity boys 3200m (Max. 30 teams, top-7 runners)**
1:00 MS JV girls unlimited 3200m (No team awards but will be officially scored & timed)
1:30 MS JV boys unlimited 3200m (No team awards but will be officially scored & timed)
Girls 3200m Course record: 12:02, Haley Hooper, Lovett, 2014
 Boys 3200m Course record: 11:02, Ben Davies, Holy Innocents’, 2012

**Awards will be presented on a rolling schedule throughout the day between races:**
Top three teams in the HS and MS varsity races will receive trophies. *There are no team awards in JV races.*Top three individuals in all varsity races will receive trophies; Top 20 runners in all races (varsity and JV, boys and girls) will receive medals; top 10 boys and girls in elementary 1-mile will receive medals.

Timing by Fast Feet Timing Services **\*** Electronic results will be available online the day of the race **\*** T-shirts will be sold and designed on site by EagleSportz **\*** All HS races are GHSA sanctioned **\*** Course is 50% grass, 50% crushed gravel, flat and fast. **\*** Concessions: food and drinks will be for sale **\*** Certified medical trainer will be available **\*** Directions available online; parking at the Huffman Athletic Center on Darlington Drive. **\*** NO REFUNDS; meet will be rescheduled to Oct. 3 if there is a postponement due to inclement weather. \* **Contact:** Katie Ellis; kellis@darlingtonschool.org; 904-400-1533