

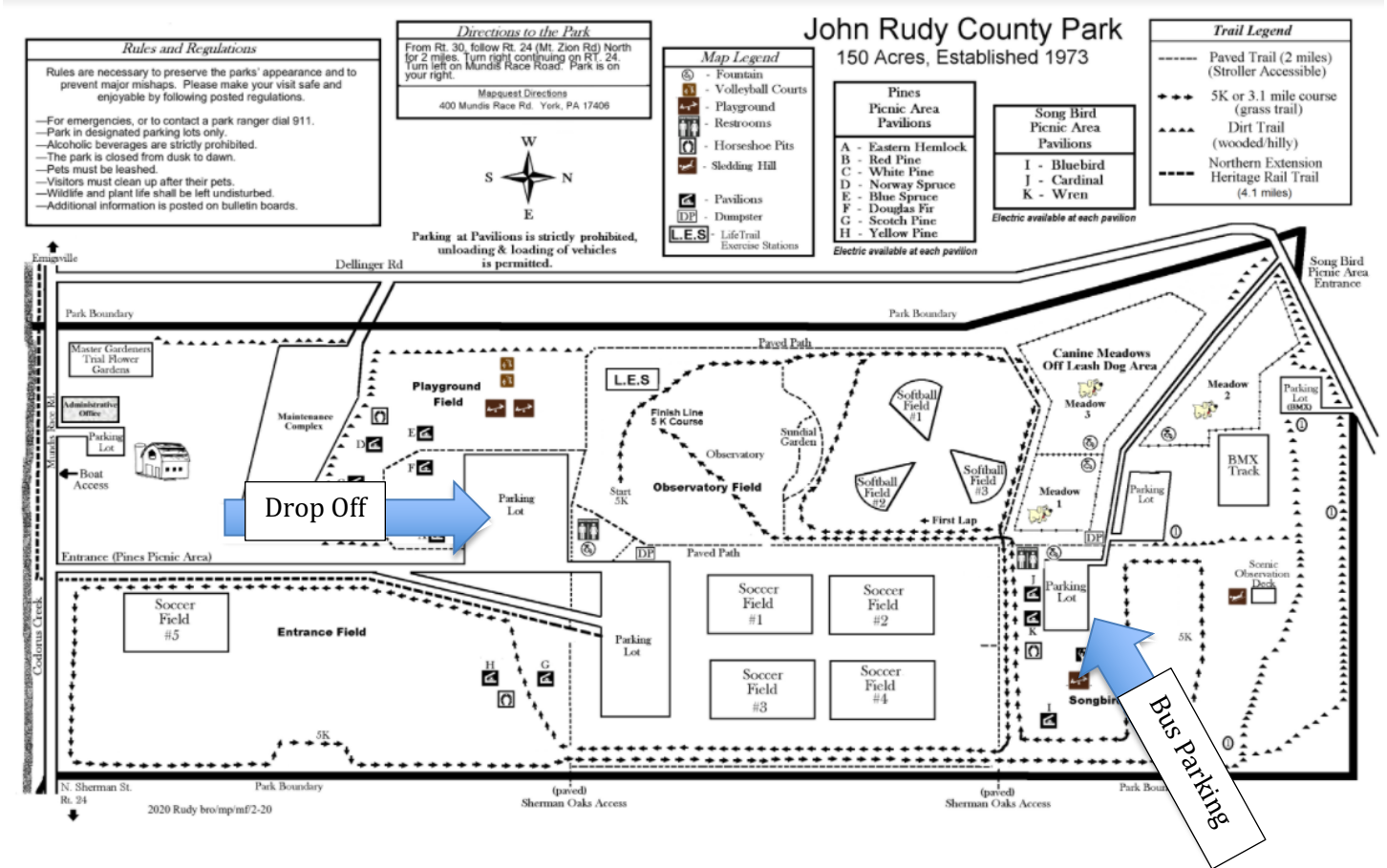
2023 YAIAA LEAGUE MEET INFORMATION

TO: YAIAA Cross Country Schools
FROM: Doug Wherley, Cross Country Chair
DATE: September 6, 2023
RE: YAIAA Cross Country League Meet

The following rules and information apply to the Annual Cross Country League Meet to be held at **John Rudy Park** on **Tuesday, October 17th, 2023**.

1. There will be separate races for the Boys and Girls.
2. Starting time for the girls' race is 4:00pm. The boys' race will follow at 4:45pm.
3. Awards will be handed out at 5:30pm and occur in the Norway Spruce pavilion.
4. A maximum of SEVEN (7) runners per school in the boys' and girls' varsity competition.
5. TWENTY-FIVE (25) medals will be awarded in both the boys' and girls' varsity competition.
6. Team winners will be announced. League meet championship medals will be awarded (8).
7. Buses will drop teams off at the Pines Picnic Area entrance. They will then exit that area, turn right on Mundis Race Rd, and then right onto Dellinger Rd and enter the grounds via the Dog Park area and park in the overflow lot during the race.
8. All spectators will need to enter the Pines Picnic Area entrance. Buses and cars will be directed to park in the lots by attendants. **NO PARKING is allowed on the grass - please communicate that with your parents and spectators**
9. The course will not be walked as a group prior to the race. Teams are free to walk on their own. The course is clearly marked and should be easy to follow. Course map is located on the YAIAA Website under "Resources".
10. **Each team will be required to register at <https://pa.milesplit.com/meets/562735-yaiaa-league-cross-country-championships-2023> Teams can register 8 participants for both boys and girls (only 7 will run the day of the race) by **Friday, October 13th at noon**. The registration will be used to assign labels and chips to each athlete. Running labels and chips will be issued to each coach on the day of the meet.**
11. **All schools will need to list County of York as additionally insured on their COI. You can send this to York County Parks and Recreation at 400 Mundis Race Road, York, PA 17406-9721.**

John Rudy Park Cross Country course



Starting Line order (from random.org):

- Red Lion (RL)
- York Tech (YT)
- Dallastown (DT)
- Northeastern (NE)
- Eastern York (EY)
- Littlestown (LT)
- South Western (SW)
- Bermudian Springs (BS)
- Dover (DO)
- York Suburban (YS)
- Spring Grove (SG)
- York Catholic (YC)
- Susquehannock (SQ)
- Fairfield (FF)
- Delone Catholic (DC)
- West York (WY)
- New Oxford (NO)
- Biglerville (BG)
- Kennard Dale (KD)
- Central York (CY)