

# Virginia Middle School XC State Championships

## Pole Green Park, Upper Course



Mechanicsville, VA | 10-21-23

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## **History & Objective**

Founded in 2019, this event has quickly grown to become the highlighted end of the middle school cross country season in Virginia. Athletes from all over the state come to compete both individually and as a team.

Our group's goal is to make this event the biggest and best it possibly can be! Please spread the word with local middle schools and clubs to get more athletes to this event!

## **Meet Location**

This event is held annually at Pole Green Park in Mechanicsville, just north of Richmond. It is conveniently located off of Interstate 295 which connects 64 and 95.

The course address is: 8996 Pole Green Park Ln Mechanicsville, VA 23116

## **Course Information**

The course is a spectator friendly PR machine! It is flat, fast, and grass nearly the entire way. The course begins with a 400m straight shot to the backwoods line and follows the treeline for the first mile. From there competitors make a small loop on the opposite field to the start and then retrace their first mile back.

Spikes and flats are both allowed.

## Pole Green 4K Course Map

# Middle School 4k



3997m per Certification #: 3CFD28C0

## Pole Green 2K Map

# Middle School 2k



2030m per Certification #: 3CFD20F0

## **Friday, October 20th**

4:00pm-7:00pm Course Preview

## **Saturday, October 21st**

2:00pm - Course Open

4:10pm - Elementary Schools Girls 2K

4:30pm - Elementary School Boys 2K

5:00pm - Championship Girls 4K

5:30pm - Championship Boys 4K

6:00pm - Awards Ceremony

## **Packet Pick-up**

Packets can be picked up at the finish line area on Friday during the open course period or on Saturday at any time.

The packet pickup tent will have safety pins and every athlete's bib.

## **Awards**

Awards will be given to the top 15 finishers in each race. All races will receive their medals during the awards ceremony.

The top three teams will receive a team trophy as well.

## Registration

Registration for this event is open from May 1st until October 15th at 7:00pm EST

All teams, clubs, and unattached athletes must register on MileSplit, you can find the link below and a helpful link to FAQ and support for registration.

[MileSplit Registration Link](#)

[MileSplit Registration Help/FAQ](#)

## Payment

Payment for this event can be made online (paypal) or via check. Both forms of payment are due at the time of registration closing. These are entry fees and not competition fees. That means once registration closes, the total on MileSplit is what you owe whether the athletes run or not.

The fee for competing is \$20 per athlete.

Payments can be made online via MileSplit's registration system or via paying at the link [Paypal.me/VAShowcase](https://www.paypal.me/VAShowcase) or mailing a check made out to VA Middle School States to the below address

VA Middle School States  
2246 Park Ave  
Richmond, VA 23220

## T-Shirts & Merchandise

T-Shirts and apparel will be on sell at the event and the day prior. Every year of this event we have sold out in mere minutes so grab one early! Prices will start at \$25 and every athlete's name will be on the back!



## **Who Is Eligible**

All student-athletes who are in the 8th-grade and under are eligible to compete as long as they live in the state of Virginia.

## **Race Seeding & Race Assignments**

The top seeded individuals and all team's top seven individuals will be placed in the championship races. The next group of athletes will be seeded in the open races. That means it is imperative to add a seed time to your athlete or they will be put into the open race by default.

## **Meet Records**

Girls 4K: 14:14.90

Boys 4K: 13:13.80

Girls 2K: 7:50.20

Boys 2K: 7:27.90

## **Results**

You can see the results LIVE on MileSplit by going to the meet page and results tab!

[Meet Page Results](#)

## **COVID-19 Protocols**

Vaccination rates are currently trending in the right direction. However, we have all grown to learn that COVID-19 is an ongoing and unpredictable pandemic. That being said, we will continue to monitor the pandemic and prevailing restrictions.

All federal, state, local, and park restrictions will be strictly enforced. Please stay up to date with this information and how you can help stem this pandemic by looking at your local health department's website.



## Parking

Parking at Pole Green Park will be done on the grass field directly next to the soccer fields and skate park. Individuals with a handicap license plate or decal can park in the gravel lot directly next to the course.

Please understand that there is one road in and out of the park and that there may be traffic entering and exiting. Plan accordingly.

## Waivers

All individuals competing must have a signed USATF waiver to receive their bib. This waiver must be **PRINTED AND SIGNED BY AN ADULT/GUARDIAN**. You can find the waiver at the link below.

[USATF WAIVER](#)

## Uniform

Athletes competing for a team must have matching team uniforms. All other athletes' uniforms must follow current USATF rules. Please reference the USATF handbook for any questions.

## Tent and Team Area

Teams and fans may set up tents and team areas on the other side of the gravel road where the course overlaps. Please clean up whatever you bring and be cognizant of others using the park as well. Share the space!

## Meet Management Contact Information

If there is a question not answered above, please email [MiddleSchoolStatesVA@gmail.com](mailto:MiddleSchoolStatesVA@gmail.com)