

VHSL State Cross Country 2013

***NEW* ONLINE ENTRY:** ALL state meet entries this year must be done online by ALL coaches on MileStat.com. **Entries will open up the start of regional week on Monday, November 4th and close on Friday, November 8th at noon.** Your regional meet director/representative will be given a meet password to distribute to coaches in their respective regions to allow you access to enter the meet online. Below is the meet page where the entries will be done at starting on Monday, November 4th:

va.milesplit.com/meets/147220/

Meet Password: 1551

Click on the green Enter Online button once entries open during regional week (will stay closed until that time) to start entry process. Must be a team admin of your team page on MileStat.com in order to enter. Do not wait until end of season to become a team admin. Make sure all your athletes names and graduation years are correct on your MileStat.com roster before entering.

When entering the state meet online, make sure that you enter only in your classification's races for both boys and/or girls (event 5K) and then select/enter all athletes that qualified individually or as a team and your additional alternates if a team qualifier (only allowed to enter a max of 10 athletes/gender for team qualifiers - room for only 3 alternates). Click the save button at the bottom of that event entry page after you have selected all of your athletes competing/alternates. Teams with only individual qualifiers should be only entering those individuals who qualified, no additional athletes.

More online registration help can be found here:
va.milesplit.us/pages/Online_Meet_Reg_Instructions

Regional Directors will e-mail the Region Directors report (typed) to Dave Davis and Derek Farrey by 9pm on Friday, November 8th. The meet directors should collect state entry forms from each school that qualifies or has individuals that qualify for the state meet.