

Dear Hampton Roads Cross Country Series Runners:

Championship Race: Saturday, November 7th

We are looking forward to a beautiful cool day on Saturday!

A few additional notes:

- 1) Warm-up areas will be on the practice football field and on the track. Please do not warm up on the course except for race #1.
- 2) There are only **3 porta-potties on site.**
- 3) There is **a baseball game that starts at 10 am.** We will have the course roped off and course marshals to ensure the course is open and safe on that part of the course.
- 4) The 400m is marked in the woods on a tree, the 800m and 3-mile mark are identical, the 1200m and 2mile are also the same. (for those who want to use the marks for pacing.)
- 5) When you arrive, we will have 3 tables:

Please memorize your bib number. We will have a list taped to a table that has names and bib numbers in alphabetical order if you don't have it memorized it. Then move to the next table to pick up your bib. **Please wear a mask when picking up your bib.**

For those who bought T-shirts, you will pick them up with your name on them at a 3rd table.

- 6) **Bring your own water bottle.** We will only have water for emergencies.
- 7) **We will do a socially distanced photo for the top ten boys and girls in each race for mile stat.** (in an area after you exit the finish line shoot)
- 8) **Thanks, and we look forward to a great event. Please remember to follow social distance guidelines. It will be a great day tomorrow!**
- 9) We will not pull tags but the order of finish will be written down as you move through the chute from your bib number. Please stay in order and socially as you walk through the chute.

Location: Poquoson High School

Address: 51 Odd Street, Poquoson VA 23662

Course starting line is behind the school

2 porta potties are at kids' island as you enter school parking lot

1 porta potty is by the softball field

A few notes

- 1) This is a private event that is open to the public.
- 2) Please remember to follow **social distancing guidelines.**
- 3) You can pick up your bib numbers starting 1 hour before the race. We will have the table open at **8:00am** as you walk in towards the starting line behind the school.

We will have three races with updated start times!

Please memorize your bib number for race pick day pick up.

Please memorize your bib number which will make it easier to pick up your number!

9:00am Race #1 (1-34)

9:30am Race #2 (35-104)

10:00am Race #3 (105-187)

Race List Below

Race #1**9:00 AM**

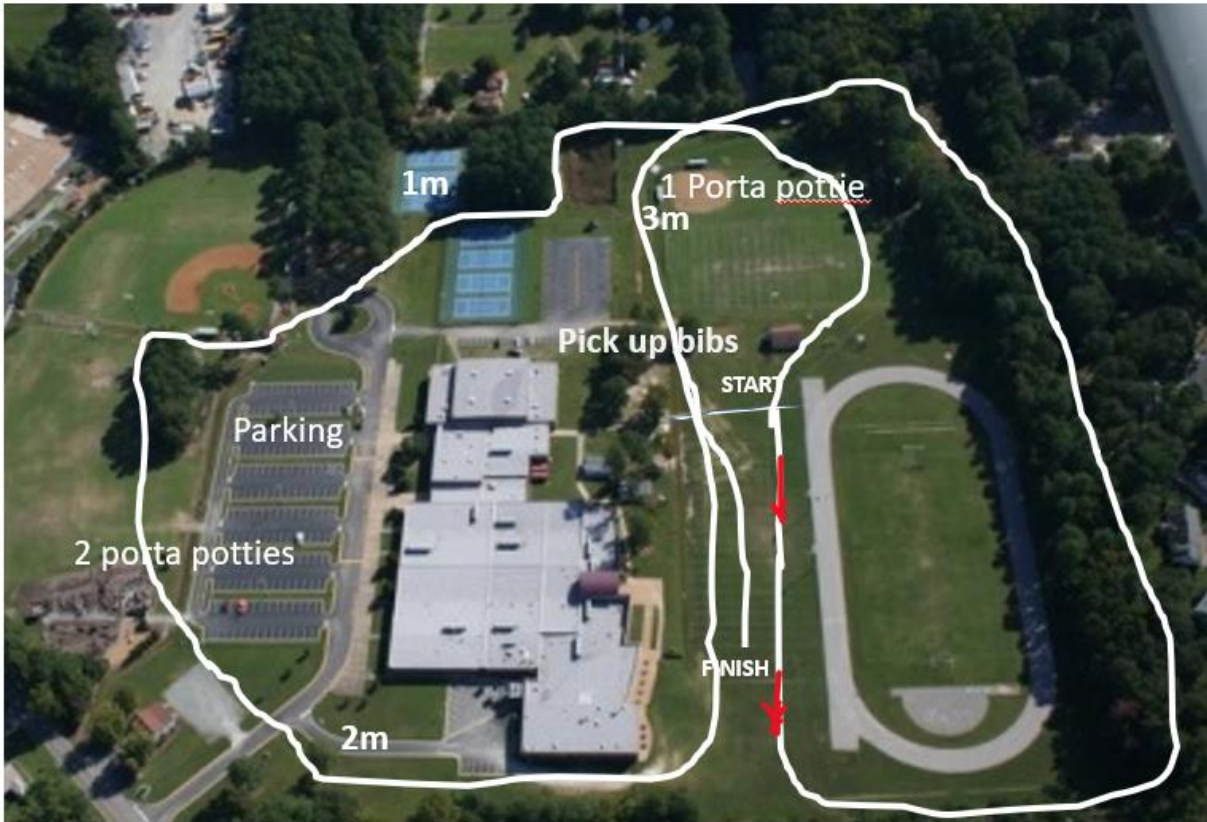
Bib	First Name	Last Name	Girls/Boys	Age	Seed
251	Ben	Madrigal	M	17	0:16:03
252	Alex	Murphy	M	17	0:16:13
253	Harrison	Ladd	M	17	0:16:15
254	David	Kidd	M	32	0:16:30
255	Owen	Lipps	M	17	0:16:33
256	Aidan	Bolger	M	16	0:16:40
257	Kolby	Hoge	M	16	0:16:42
258	Ian	Bridges	M	16	0:16:44
259	Armaan	Chopra	M	14	0:16:45
260	Luke	Henkel	M	17	0:16:45
261	Taylor	Price	M	16	0:16:45
262	John	Linehan	M	18	0:16:50
263	Jacob	Ellis	M	17	0:17:00
264	Dylan	Raney	M	17	0:17:03
265	Cary	Caldwell	M	16	0:17:08
266	Deitz	Rudisill	M	18	0:17:11
267	Layton	Miller	M	16	0:17:19
268	Luke	Tompkins	M	16	0:17:19
269	Will	Griesmer	M	15	0:17:20
270	Gaber	Kobal	M	17	0:17:20
271	David	DiNardo	M	18	0:17:22
272	Jonah	Harvey	M	17	0:17:27
273	Landon	Scheper	M	17	0:17:30
274	Tyler	Dalton	M	17	0:17:45
275	Matthew	Lanzilotta	M	17	0:17:45
276	Lorenzo	Short	M	15	0:17:50
277	Micah	Kawecki	M	16	0:18:00
278	Nathaniel	Bushey	M	15	0:18:00
279	Jacob	Castillo	M	16	0:18:00
280	Brayden	Scharfe	M	17	0:18:00
281	Joshua	Way	M	15	0:18:00
282	Brewster	Haen	M	17	0:18:15
438	Glenn	Glass	M	17	0:18:18
283	Braden	Cruz	M	14	0:18:19
285	Dylan	Evans	M	15	0:18:24
286	Parkman	Miller	M	16	0:18:24
284	Logan	Carson	M	16	0:18:24

	Race #2	9:30 AM			
287	Logan	Warden	F	18	0:18:33
288	Nathan	White	M	15	0:18:39
289	Lucas	Musico	M	16	0:18:40
290	Mike	Rogerson	M	17	0:18:44
441	Travis	Lyden	M	16	0:18:45
291	Caroline	Bauer	F	16	0:18:46
292	Alexander	Jones	M	14	0:18:49
293	Stephen	Fillmore	M	15	0:18:50
294	Bharath	Kashyap	M	16	0:18:50
295	Aaron	Auger Jr.	M	17	0:18:53
296	Andrew	Beachum	M	17	0:18:55
297	Austin	Heft	M	17	0:19:00
298	Patrick	Nelson	M	15	0:19:00
299	Shawn	Sawyer	M	16	0:19:00
300	Jamie	Hagan	M	16	0:19:04
301	Aidan	Pentel	M	15	0:19:11
302	Joseph	Waxman	M	15	0:19:23
303	Will	Reed	M	16	0:19:30
304	Owen	Comeyne	M	16	0:19:30
305	Michael	Culkin	M	17	0:19:30
306	David	Sessoms	M	17	0:19:30
307	Markius	Thomas	M	17	0:19:30
308	Daquan	Rountree	M	16	0:19:31
309	Katryna	Aulenbach	F	16	0:19:40
310	Maggie	Reed	F	17	0:19:45
311	Elise	Richardson	F	16	0:19:45
442	Cristian	Contreras	M	16	0:19:45
312	Ryan	Smith	F	16	0:19:53
313	Claire	Bauer	F	14	0:19:55
314	Jeffry	Long	M	53	0:19:56
315	Tamir	Abdalla	M	16	0:20:00
316	Brendan	Bouchard	M	15	0:20:00
317	Preston	Haney	M	14	0:20:00
318	Roy	Johnston	M	43	0:20:00
319	Gunner	Lyon	M	15	0:20:00
320	Damien	Ramirez	M	10	0:20:00
321	Brendan	Brouchard	M	15	0:20
443	Joel	Galarza	M	15	0:20:00
322	Salya	Brown	F	15	0:20:05
323	Carsen	johnston	F	15	0:20:06
324	Madelyn	Berry	F	13	0:20:10

325	Peyton	Culpepper	F	15	0:20:12
326	Sophia	Pommerenk	F	15	0:20:20
327	Jack	Lambert	M	15	0:20:24
328	Larry	Elfelt	M	15	0:20:25
329	Lindsey	Bruns	F	17	0:20:27
330	Pierce	Cutler	M	15	0:20:30
331	Nina	Parziale	F	18	0:20:30
332	Zachary	Sessoms	M	15	0:20:30
439	Alyssa	Cambell	F	16	0:20:30
333	Callie	Crook	F	15	0:21:00
334	Maggie	Furco	F	16	0:21:00
335	Brody	Hufstetler	M	16	0:21:00
336	Logan	Kelly	M	14	0:21:00
337	Savannah	Kelly	F	16	0:21:00
338	Cormac	Rooney	M	17	0:21:00
339	Emily	Rollins	F	16	0:21:01
340	Alex	Fowler	M	14	0:21:08
341	Alexander	Clunan	M	17	0:21:10
342	Parker	Shonka	M	15	0:21:10
343	Reed	Booth	M	13	0:21:11
344	Kory	johnston	F	14	0:21:12
345	Jonathan	Thornton	M	15	0:21:21
346	Kayla	Fields	F	15	0:21:24
347	Alex	Diggs	M	16	0:21:28
348	Cannon	Jean	F	15	0:21:30
349	Lindsay	Meadows	F	13	0:21:30
350	Kaya	Dargusch	F	15	0:21:40
351	Trent	Hayes	M	11	0:21:41
352	Naomi	Dausman	F	16	0:21:45
353	Sophia	Meagher	F	17	0:21:45
354	Christopher	Foster	M	15	0:21:59
	Race #3	10:00am			
355	Mackenzie	Long	F	15	0:22:00
356	Emily	Pentel	F	13	0:22:00
357	Megan	Spillane	F	17	0:22:00
358	Reese	Tempest	F	14	0:22:00
359	Hannah	Neff	F	14	0:22:03
360	Madison	Longwater	F	16	0:22:07
361	Aidan	Dausman	M	14	0:22:07
362	Karina	Long	F	15	0:22:12
363	Maxine	Horne	F	14	0:22:30

364	Anna	Parker	F	46	0:22:30
365	Sophia	Richardson	F	15	0:22:30
440	Lucy	Vigeant	F	16	0:22:30
366	Nick	Costello	M	16	0:22:32
367	Sydney	McCarthy	F	15	0:22:38
368	Ashley	Nau	F	15	0:22:40
369	Wes	McLean	M	15	0:22:41
370	Dylan	Currie	M	17	0:22:43
371	Ashton	McBride	M	15	0:22:49
372	Will	Oates	M	16	0:22:50
373	Teagan	Horning	F	12	0:22:52
374	Madelene	Nichols	F	15	0:22:53
375	Ethan	Guynn	M	17	0:23:10
376	Anneliese	Busch	F	15	0:23:23
377	Alexandra	Dunbar	F	16	0:23:23
378	Lakin	Altman	F	16	0:23:28
379	Lanny	Doan	M	64	0:23:30
380	Gabriel	Hudson	M	11	0:23:41
381	Mckenzie	Taylor	F	15	0:23:45
382	Callie	Hennessy	F	16	0:23:50
383	Josh	Kinney	M	13	0:23:51
384	Julianne	McMichael	F	11	0:23:58
385	Peyton	Hendricks	F	15	0:23:59
386	Finley	Palmer	F	14	0:23:59
387	Ava	Boyer	F	14	0:24:00
388	Allison	Freedman	F	17	0:24:00
389	Joseph	Olbrych	M	17	0:24:00
390	Jeff	Parker	M	55	0:24:00
391	Durant	Parker-Ashe	F	15	0:24:05
392	Ryan	Gabbert	M	12	0:24:12
393	Lydia	Short	F	11	0:24:14
394	Lisa	Stafford	F	11	0:24:22
395	Clay	Carpenter	M	13	0:24:28
396	Ella	Smith	F	15	0:24:30
397	Amelia	Valenti	F	10	0:24:30
398	Mitch	Wilson	M	15	0:24:30
399	Katarina	Palmertree	F	15	0:24:32
400	Harold	Dahl	M	9	0:24:37
401	Jack	Huang	M	17	0:24:41
402	Lauren	Campbell	F	17	0:24:51
403	Andrew	Dykema	M	12	0:24:51
404	Caleb	Nichols	M	13	0:25:00
405	Laney	Bonner	F	16	0:25:00

406	Lucy	Chamberlin	F	17	0:25:00
407	Kaitlyn	Reed	F	17	0:25:04
408	William	Scott	M	12	0:25:04
409	Hannah	Nichols	F	11	0:25:04
410	Jamison	Ringvelski	M	16	0:25:09
411	Bryce	Baddar	M	13	0:25:12
412	Jaleigh	Burnett	F	10	0:25:27
413	Adam	Bryant	M	13	0:25:30
414	Jason	Bryant	M	42	0:25:30
415	Nadia	Grant	F	11	0:25:30
416	Darian	Guillory	M	10	0:25:43
417	Zoe	Corujo	F	17	0:26:00
418	Kristen	Kopczynski	F	18	0:26:00
419	Ben	Fowler	M	12	0:26:08
420	Elisabeth	Cohee	F	12	0:26:29
421	Benjamin	Reed	M	13	0:26:29
422	Leana	Long	F	49	0:26:32
423	Haydra	Hayes	F	14	0:26:36
424	Jeremy	Guillory	M	11	0:26:36
425	Josiah	Cornine	M	11	0:26:56
426	Joshua	Edwards	M	11	0:27:00
427	Sharon	Hyland	F	42	0:27:00
428	Ana	McBride	F	17	0:27:00
429	Ty	Montgomery	M	14	0:27:00
430	Ava	Drury	F	12	0:27:13
431	Isabelle	Westlake	F	16	0:27:15
432	Petra	Cutler	F	16	0:27:30
433	Kylee	McLaughlin	F	16	0:28:00
434	Jacob	Meyers	M	10	0:28:00
435	Timothy	Meyers	M	39	0:28:00
436	Kadence	Boyer	F	13	0:29:13
437	Logan	Kauffman	F	12	0:30:23



Course is 2 ½ loops. It is flat and you can wear spikes. One loop is 1.25 miles
2 porta potties by kids island / 1 by softball field near 3mile mark – pick up your bib numbers near the starting line

Hampton Roads Cross Country Club Series

Hosted by JG^3 Running Club and Greater Williamsburg Distance Running Club

USATF Sanction (pending) **Open to 5th grade and above**

@ Poquoson Running Trail

Due to course looping on itself and to keep numbers down due to social distance guidelines please do not enter the race if your seed time is slower than 31 minutes.

Masks will be worn until athletes move to the starting line

After you finish the race depart course immediately

Arrive no earlier than 60 minutes prior to each race

Races will be seeded by time (mixed boys and girls)

The maximum seed time is 31:00 due to course looping on itself

No more than 200 athletes will be allowed to participate in up to 4 races if needed.

Sign-ups are first come first served and athletes with no seed time or slower than 31:00 minutes will be removed.