



GUIDELINES ALL-REGION TEAM

- To qualify for CCCAT All-Region honors, a runner must officially finish in the top 15 places at one of the Regional Championship Cross-Country Meets.
- The CCCAT shall recognize one Boys All-Region Team and one Girls All-Region Team.
- In order for a runner to be recognized for the honor of All-Region Team by the CCCAT, that runner's coach must be a member in good standing of the CCCAT.

TO COACHES OF QUALIFYING RUNNERS:

To insure that your athlete is recognized for CCCAT All-Region Team honors, **YOU MUST SEND A NOMINATION.**

E-mail your nominations with the following information:

Name of athlete / high school / region & classification / place of finish / coach's name

Please submit your athlete's information for inclusion on the CCCAT All-Region Team roster no later than **November 15th**.

The All-Region Teams will be published on the CCCAT website following the close of nominations.

Upon publication of the All-Region Teams, you may print out and present the CCCAT **All-Region Team Certificate** to your athlete.