

2026 GHSA Class 6A Cross Country Sectional Meet

Hosted by Alexander High School at FoxHall Resort

Saturday, October 31, 2026

Host	Alexander High School
Course Location	FoxHall Resort — 8000 Capps Ferry Road, Douglasville, GA 30135
Meet Director	Jimmy Sorrells
Email	jimmy.sorrells@dcssga.org

Sectional Structure

Class 6A is divided into two sectional groupings for the qualifying round. The FoxHall meet will include two sectional race groups based on region alignment:

Sectional Group	Regions
Group A	Regions 1, 2, 5 & 6
Group B	Regions 3, 4, 7 & 8

Proposed Meet Schedule

The first race is scheduled for 8:10 a.m. Sunrise at FoxHall on October 31 is approximately 7:57 a.m., so this start allows roughly 10–15 minutes of full daylight before racing begins. The schedule also builds in a short course-clearance buffer between races.

Time	Race	Regions
8:10 a.m.	Boys — Top 7 — STATE QUALIFYING RACE	Regions 1, 2, 5 & 6
8:40 a.m.	Boys — Top 7 — STATE QUALIFYING RACE	Regions 3, 4, 7 & 8
9:10 a.m.	Girls — Top 7 — STATE QUALIFYING RACE	Regions 1, 2, 5 & 6
9:45 a.m.	Girls — Top 7 — STATE QUALIFYING RACE	Regions 3, 4, 7 & 8
10:20 a.m.	Boys — Second 7 — NON-QUALIFYING	Regions 1, 2, 5 & 6
10:55 a.m.	Boys — Second 7 — NON-QUALIFYING	Regions 3, 4, 7 & 8
11:30 a.m.	Girls — Second 7 — NON-QUALIFYING	Regions 1, 2, 5 & 6
12:10 p.m.	Girls — Second 7 — NON-QUALIFYING	Regions 3, 4, 7 & 8

Sectional Qualification & Advancement

IMPORTANT: ONLY THE TOP 7 RACES DETERMINE TEAM AND INDIVIDUAL QUALIFICATION TO THE GHSA STATE MEET.

The Boys and Girls Top 7 races are the official Sectional qualifying races. Results from the Second 7 races do not determine whether a team or individual advances to the State Meet.

Qualification Item	GHSA Sectional Requirement
Team Advancement	The top 12 teams from each Sectional Meet advance to the GHSA State Cross Country Meet.
Individual Advancement	The first 20 individual finishers from each Sectional in all classifications qualify for the State Meet, regardless of whether they are members of a qualifying team.
Official Qualifying Race	Only the Top 7 Boys and Top 7 Girls races determine Sectional team scores and State Meet qualification.
Second 7 Races	The Second 7 races provide competition for the remaining athletes on the 14-runner sectional roster, but these races do not determine team or individual advancement to State.
State Meet Site	Carrollton High School, Carrollton, Georgia.

Sectional Roster Rules

- The initial team roster of 14 runners must be submitted on MileSplit GA.
- Changes to the roster may be made only until the deadline established for Sectionals.
- No replacements may be made after the list has been submitted to the Sectional Meet Director.
- A team may compete with five, six, or seven of its 14 listed athletes in the official Top 7 Sectional race in order to qualify for the State Meet.
- Individuals may compete in the Sectional Meet to qualify for the State Meet.
- Sectional qualifiers must be finalized by electronic submission on MileSplit GA immediately following completion of the Sectional Meet.

State Meet Reminder

The GHSA State Cross Country Meet will be held at Carrollton High School. The running order and spectator admission information will be posted by GHSA.

A qualifying team may have a minimum of five and a maximum of 14 runners admitted for the State Meet. Individual qualifiers are also admitted. Coaches are admitted with valid GHSA coaching passes.

At the State Meet, the first five finishers for each team count toward the team score. A qualifying team must begin and end competition with at least five runners in order to compete as a team.

Race-Spacing Rationale

The schedule is designed around when the last runner is likely to finish, rather than the average finisher. The operational goal is to allow the course to clear and then provide approximately five additional minutes before the next race begins.

Race Type	Planning Window	Recommended Gap
Boys — Top 7	~25 min to final finisher	30 min
Girls — Top 7	~30 min to final finisher	35 min
Boys — Second 7	~30 min to final finisher	35 min
Girls — Second 7	~35 min to final finisher	40 min

Operational Note: Published start times should be treated as the target schedule, but no race should begin until meet officials confirm the course is clear. This gives the starter and timing crew flexibility if a field runs slower than projected.

Region Membership — Class 6A

Group A — Regions 1, 2, 5 & 6

Region 1-6A

Bradwell Institute, Brunswick, Effingham County, Glynn Academy, Greenbrier, Grovetown, Lakeside, Evans, South Effingham

Region 2-6A

Coffee, Houston County, Lee County, Northside, Warner Robins, Thomas County Central, Tift County, Veterans

Region 5-6A

Alexander, Chapel Hill, East Paulding, Hiram, New Manchester, Osborne, South Cobb, South Paulding

Region 6-6A

Creekview, Kell, Lassiter, Pope, River Ridge, Rome, Sequoyah, Woodstock

Group B — Regions 3, 4, 7 & 8

Region 3-6A

Creekside, Hughes, Lovejoy, McIntosh, Morrow, Newnan, Northside, Columbus, Tri-Cities, Woodward Academy

Region 4-6A

Alcovy, Chamblee, Decatur, Dunwoody, Heritage, Conyers, Lakeside, DeKalb, Meadowcreek, Midtown, Shiloh

Region 7-6A

Alpharetta, Gainesville, Johns Creek, Lanier, Milton, Riverwood, Roswell

Region 8-6A

Apalachee, Cedar Shoals, Clarke Central, Habersham Central, Jackson County, Loganville, Mountain View, Walnut Grove

Important Planning Note

The region membership lists above show the schools assigned to Class 6A regions. The actual sectional field will consist only of the teams and individuals who qualify out of their respective region meets. Only performances in the Top 7 Boys and Top 7 Girls races determine advancement to the State Meet. Final entries, starting boxes, parking instructions, course-preview information, and other meet-day details will be distributed closer to the competition.

