

# Central Coast Section

## 2025 CROSS COUNTRY AT-LARGE TIMES

**If:**

- your school runs your league finals at [Crystal Springs XC Course](#) AND
- you and/or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

**then you or your team will qualify as an at-large entrant to the CCS meet:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	17:24	21:26
Div 2	17:27	21:17
Div 3	17:39	21:43
Div 4	17:50	22:14
Div 5	19:00	23:14

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	85:35	105:25
Div 2	85:37	104:29
Div 3	86:38	106:33
Div 4	87:24	108:41
Div 5	93:14	115:06

**If:**

- your school runs your league finals at [Pinto Lake XC Course](#) AND
- you and/or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

**then you or your team will qualify as an at-large entrant to the CCS meet:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	16:46	20:34
Div 2	16:48	20:26
Div 3	17:00	20:49
Div 4	17:12	21:21
Div 5	18:22	22:23

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	82:31	100:41
Div 2	82:33	99:45
Div 3	83:34	101:49
Div 4	84:20	103:57
Div 5	90:10	110:22

**If:**

- your school runs your league finals at [Toro Park XC Course](#) AND
- you or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

**then you or your team will qualify as an at-large entrant to the CCS meet:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	17:38	21:47
Div 2	17:43	21:30
Div 3	17:49	21:49
Div 4	18:04	22:25
Div 5	19:21	23:26

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	86:26	107:18
Div 2	87:05	105:18
Div 3	87:32	107:21
Div 4	88:16	110:02
Div 5	94:37	115:58

**If:**

- your school runs your league finals at [Palo Corona XC Course](#) AND
- you and/or your team are not automatic qualifiers to the CCS Meet AND
- you or your team run the following individual or team times or better (listed below for your school's division) at your final League event which qualifies athletes to the CCS Meet,

**then you or your team will qualify as an at-large entrant to the CCS meet:**

### Individual

	<u>Boys</u>	<u>Girls</u>
Div 1	18:07	22:13
Div 2	18:10	22:04
Div 3	18:22	22:30
Div 4	18:33	23:01
Div 5	19:43	24:01

### Team

	<u>Boys</u>	<u>Girls</u>
Div 1	88:59	109:33
Div 2	89:00	108:37
Div 3	90:02	110:41
Div 4	90:48	112:49
Div 5	96:37	119:14