

**SOUTH DAKOTA HIGH SCHOOL ACTIVITIES ASSOCIATION
STATE CROSS COUNTRY MEET COACHES INFORMATION**

**ELKS GOLF COURSE – RAPID CITY
SATURDAY, OCTOBER 24, 2009**

*** Be prepared for all types of weather. * Uniforms must comply to regulations.**

TO: ALL SCHOOLS QUALIFYING TEAMS AND INDIVIDUALS FOR THE STATE CROSS COUNTRY MEET

DATE & SITE: Saturday, October 24, 2009 – Elks Golf Course – Rapid City

MEET MANAGER: Darren Paulson, RC Central High School

MEET DIRECTORS: Jo Auch and Bob Lowery, SDHSAA

COURSE LOCATION: 3333 E. 39th Street – Rapid City
Directions to Course – Take Exit 61 (Elk Vale Road) off of I-90; south to St. Patrick Street (Road Loops and Ends). Right on St. Patrick Street, Right on Highway 44. Take Highway 44 (Turn Right off of Highway 44 at Lytle Lane – Large Field for Parking

COURSE PARKING:

Parking is available in a field located off Lytle Lane. Please notify your fans of this. Areas will be marked. *See coordinating map on the SDHSAA website.*

PRACTICE PRIOR TO MEET:

1. All teams running the course on Friday **must** check in at the club house prior to working out. This is to be done by a school representative.
2. **The course will be available to runners on Friday from 2:00 p.m. - 7:00 p.m. MT**

CHECK-IN: Under the Pro-Shop overhang

NOTE: Chip-Check in following the race will be located here as well

Check in will start at 9:30 a.m. MT Saturday. All schools must check-in a minimum of one hour prior to the start of their race. A suggested time schedule is printed below. Schools may check in earlier than their designated time. (Not before 9:30 a.m. MT however.)

Class: "B" – 9:30 a.m.; "A" – 10:30 a.m.; "AA" – 11:00 a.m.

TIME SCHEDULE: (Note: All Times are Mountain Time)

"B" Girls	12:00 p.m.	Class "B" Awards	2:30 p.m.
"A" Girls	12:30 p.m.	Class "A" Awards	2:30 p.m.
"B" Boys	1:00 p.m.	"AA" Boys	3:15 p.m.
"A" Boys	1:30 p.m.	Class "AA" Awards	3:45 p.m. (approx.)
"AA Girls	2:00 p.m.		

****** ALL RACES WILL START ON TIME - WE WILL LINE UP ALL TEAMS AND INDIVIDUALS 10 MINUTES PRIOR TO RACE TIME.**

COURSE DISTANCE:

All Girls	4,000 m (2.49 miles)
All Boys	5,000 m (3.11 miles)

COACHES MUST REVIEW THE UNIFORM REGULATIONS/ATOMIZER INHALER RULES. (These rules are located at www.sdhsaa.com)

AWARDS:

NOTE: In each class trophies are given to the first and second place teams, plaques are given to the third and fourth place teams. Medals will be given to the top 25 individual places and to the top four teams in each class.

DRESSING FACILITIES:

Coaches are asked to have their contestants dress before arriving at the course. No bathroom facilities in clubhouse - portable toilets will be provided.

COMPUTERIZED CHIPS:

Each school sponsoring Cross Country will be assessed a computer chip fee for the State Meet to help offset the cost of the computer chips used to determine results. The fee will be paid at the end of the school year as a part of the annual participation fee. Each school sponsoring cross country will be assessed the following fees in addition to the \$40.00 participation fee: Class "B" - \$30.00 (\$15.00 for boys and \$15.00 for girls); Class "A" - \$36.00 (\$18.00 for boys and \$18.00 for girls); Class AA - \$42.00 (\$21.00 for boys and \$21.00 for girls). **NOTE:** Each school in an approved cooperative will be assessed the following fees in addition to the \$40.00 participation fee: Class "B" - \$15.00 (\$7.50 for boys and \$7.50 for girls); Class "A" - \$18.00 (\$9.00 for boys and \$9.00 for girls).

The chips (one for each shoe) will be assigned to each competitor and will be received at the State Meet at registration. Coaches will be required to return the chips to tournament officials at the completion of each race. Results will not be given to the coaches until the chips are returned. Coaches who fail to do so **WILL BE CHARGED** for the cost of the chips (\$30 per chip).

Coaches must read the detailed instructions at on the SDHSAA website (www.sdhsaa.com).

CONTESTANT NUMBERS: All runners will be assigned a number. Numbers and pins will be issued at check-in. **Numbers must be worn on the front of the jersey. It is very important each athlete wears the number assigned to him/her.** Failure to wear assigned number at the start of the race will result in disqualification of the runner. Coaches are expected to check all of their runners for correct numbers and for proper pinning of the numbers, i.e., numbers must be worn at chest level, right side up.

RACE FINISH: It is the position of the chip, not the torso that determines the finishing position of the runner.

COACHES MEETING: There is no coaches meeting. All information is listed herein, on the web site www.sdhsaa.com or will be received at the check-in area.

SIGNS/BANNERS: SCHOOL banners, i.e. name of school, team, nickname (school identification) etc. are allowed in the team camp area. No signs or other banners are allowed.

SCHOOL OFFICIAL:

Please note that a school official must accompany their contestant(s) to the State Meet. Each member school with an entrant in both the Region and State Cross Country Meet must have a qualified staff representative from their school in attendance. Failure to do so means disqualification.

STATE MEET RECORDS: (Made on any course - See Cross Country Yearbook section on www.sdhsaa.com)

SUBSTITUTIONS: (Class "A" & "B"): Make-up of teams need not be the same in the State Meet as it was in the Region. Substitutions will be permitted. However, any of the top individuals that are not members of a team may not be replaced by a substitute.

GOLF CARTS: The use of golf carts or any other motorized vehicle on the golf course by coaches during their runner's competition is prohibited.

ENTRY LIST:

Class "A" & "B": The names of all runners who qualified for the State Cross Country Meet have been forwarded to the SDHSAA office by the Region Chairman. If you have team substitutions to make, please notify the SDHSAA prior to 10:00 a.m. CT on Tuesday, October 20, 2009, additional changes after the October 20 deadline need to be reported at the check-in table. *No substitutions may be made for individual qualifiers.*

Class "AA": All seventeen Class "AA" schools automatically qualify their team into the State Meet. All teams were required to submit their entry list of up to seven (7) competitors on or before 10:00 a.m. CT October 17.

NOTE: "A" - "B"

It is permissible for both Class "B" and "A" teams to enter pushers on their team at the State Meet even though they opted not to use pushers at the Region Meet.

It is permissible for a competitor, who drops out of competition at the regional meet, to be a team member at the State Meet provided said team qualifies.

DISQUALIFICATION: Rule 9-7 of the **2009** Track and Field Rule Book lists reasons for disqualification. Attention is called to Article 4 regarding disqualification of a runner receiving any assistance from any other person that could improve that competitor's performance. Please note that providing liquids during competition is not considered to be an aid or assistance. (See 4-5-8 also.)

FINISH PROCEDURE:

Unofficial results will be posted shortly after each race has been completed.

Results will be copied and ready to give to the coaches shortly after each race. To receive the results, all chips must be returned.

Runners will cross the finish line and continue across a special mat that covers computer receivers. These receivers record the elapsed time from the chips, for each runner as s/he crosses the finish line.

Runners must cross the finish line with both feet and continue across the mat. After moving off the mat into the 'corral' area, runners will depart that area to return to their coaches and teams. There is no need to remain in the corral immediately after the race. Runners are to move quickly across the line and mat as well as through the corral.

STARTING RULE:

The command shall be "On Your Marks" and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners by firing the pistol. If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled by firing the pistol.

TEAM TIES in scoring shall be resolved according to Rule 9, Section 2, Article 4 and 5, of the 2008 Track and Field Rules and Records. This reads as follows: Ties in team scoring shall be resolved by comparing the sixth place finisher in "AA", fifth place in "A", fourth place in "B" from the tying teams. The teams with the best extra finisher (pusher) shall prevail. If one team does not have the extra finisher (pusher) the team with the extra place finisher (pusher) shall prevail. If the tying teams have only the five or four or three competitors, the tie shall be resolved totaling the scores of the first four from tying teams, or first three or first two until the tie is broken.

RESULTS:

Results will be announced as soon after each race as possible to compile team scores.

EXPENSES:

Each school sponsoring Cross Country will be assessed a computer chip fee for the State Meet to help offset the cost of the computer chips used to determine results. The fee will be paid at the end of the school year as a part of the annual participation fee. Each school sponsoring cross country will be assessed the following fees in addition to the \$40.00 participation fee: Class "B" - \$30.00 (\$15.00 for boys and \$15.00 for girls); Class "A" - \$36.00 (\$18.00 for boys and \$18.00 for girls); Class AA - \$42.00 (\$21.00 for boys and \$21.00 for girls).

MISCELLANEOUS:

- Starting boxes are drawn by lot. Full teams have a box to themselves. Partial teams will share boxes.
- Chemical toilets will be available at the course.
- **Please instruct athletes and others to stay off the greens.** Ropes and crowd control individuals will be used to designate out of bounds areas for runners and spectators.