

2024 SDHSAA State Cross Country Meet

Hart Ranch – Rapid City

Saturday, October 26

Coaches Information

Congratulations on qualifying members from your school to this year's State Cross Country Meet! Please review the following information in advance of the State Meet competition.

MEET DIRECTOR:

Randy Soma, Asst. Executive Director, SDHSAA

MEET MANAGER:

Jordan Bauer -Rapid City Central Activities Director

Jordan.Bauer@k12.sd.us

COURSE LOCATION:

Hart Ranch Camping Resort

23756 Arena Drive

Rapid City, S.D. 57702

ADMISSION:

Admission will be taken at the meet; charge is \$10 for Adults & \$5 for Students. **If paying cash, we encourage you to bring exact change.** To help with the traffic flow at Hart Ranch Camping Resort, the SDHSAA encourages all spectators attending the 2024 State Cross Country Championships to pre-purchase their admission through our digital ticketing system. All tickets for the SDHSAA State Cross Country Championships are General Admission and will be available for purchase at the championships site or **online** via Bound Ticketing. [Online Ticketing](#)

Gates open approximately one hour prior to the first championship race.

COURSE PARKING:

Team buses will need to drop off teams and relocate to designated bus parking. Bus Driver and coach communicate once event is over for them to return and pick up. Please see the Team Bus Drop Off & Pick Up map. (available on SDHSAA website)

COACHES' MEETING:

There will be no on-site coaches meeting. Coaches with questions are encouraged to contact Randy Soma at the SDHSAA prior to the event.

PRACTICE ON COURSE PRIOR TO MEET:

Practice will be available for interested participants and teams from 3:00 – 5:00 PM MT on Friday, October 25.

CHECK-IN:

Check-In will take place on-site at Hart Ranch Camping Resort in the meet headquarters tent which will be located near the finish line. Check-in times are as follows:

Friday Afternoon:	3:00 – 5:00 PM MT
Saturday Morning:	10:00 – 12:00 PM MT

ENTRY LIST:

Class AA – All Class AA schools automatically qualify as a team for the State Meet. Schools are required to submit their entry list of up to seven competitors to the SDHSAA office by the posted deadline.

Classes A & B – Qualifiers from Region Meets (top 20 individuals, top three teams) will automatically be advanced by the SDHSAA following the completion of all Region Meets. A school with enough individuals qualifying by way of the top 20 individuals is eligible for a team award at the State Meet, **but ARE NOT allowed to bring additional runners (pushers).**

CHANGES/SUBSTITUTIONS:

If a school needs to make changes/substitutions to their team entries, please notify the SDHSAA office by no later than **Tuesday, October 22 at 10:00 AM CT**. Make-up of teams need not be the same at the State Meet as it was at the Region Meet (where applicable). Any changes/substitutions after the deadline are to be made at meet check-in. **REMINDER: There are no substitutions allowed for individual qualifiers.**

CONTESTANT NUMBERS:

All participants will be issued a bib number and pins during check-in. Coaches and athletes need to ensure that numbers are:

- 1) worn by the correct, pre-assigned individual and
- 2) worn on the front of the individual jerseys.

Failure to wear the assigned number or wearing the number in the incorrect location may result in disqualification of the runner from competition. Coaches are responsible for ensuring their athletes are properly equipped.

ADDITIONAL UNIFORM REGULATIONS & INHALERS:

Coaches are reminded to review the SDHSAA Cross Country Handbook prior to the meet for specific information on regulations regarding uniforms and inhalers.

COURSE DISTANCE:

The distance for all state championship events will be 5,000 meters (3.11 miles).

DRESSING FACILITIES:

No dressing facilities are provided at the course. Please have athletes come to the facility dressed and ready.

TIMING SYSTEM & COMPUTERIZED CHIPS:

Timing chips are integrated into the bib numbers that competitors will wear. Please note the detailed “Bib Number & Finish Line Information” on the SDHSAA website (and in your coaches’ packet) regarding proper wearing of the bib numbers. All bib numbers and timing chips can be disposed of or kept by the student athletes and do not need to be returned.

STARTING TIMES:

Race start times are listed below. Teams are reminded that they are to report to the starting area to line up a minimum of 10 minutes prior to the listed start time. All times are MST.

Class B Girls	12:00 Noon
Class A Girls	12:30 PM
Class AA Girls	1:00 PM
Class B Boys	1:30 PM
Class A Boys	2:00 PM
Class AA Boys	2:30 PM
Awards	Immediately following final race

STARTING BOXES:

Starting boxes for participating teams and individuals will be drawn at random. Full teams will be given preference to have their own boxes, while individual qualifiers will likely be sharing boxes with competitors from other schools.

STARTING RULE:

The official starter will begin each race with a call for “on your marks”, followed by a single pistol shot once all competitors are steady. If an unfair start is determined, a second shot shall be fired to recall the competitors. If a runner falls within the first 100 meters due to contact with another runner, the race will also be recalled by a second shot.

SCORING:

Individual place points shall be scored one point for 1st place, 2 points for 2nd place, etc. with all TEAM competitors who finish the race ranked and tallied according to their place of finish. Schools without the minimum number of runners to constitute a team shall be disregarded when awarding individual place points. Team scores shall be determined by totaling the individual place points scored by the first three (Class B), four (Class A) or five (Class AA) runners from each team, with the lowest total being declared the team champion. Ties in team scoring shall be resolved by comparing the first “pusher” (additional runner) from the tying teams, with the team having the best “pusher” prevailing. If one team has a “pusher” and the other team does not, the team with the “pusher” shall prevail.

FINISH PROCEDURE:

Unofficial results will be posted publicly shortly following each race; the SDHSAA will distribute results to media and through the SDPB on-line resources.

No paper copies of results will be made available to coaches on-site. Coaches should find results on the sports.sdbp.org webpage.

AWARDS:

Trophies will be given to the top two teams in each class. **Plaques** will be given to the top 3rd through 6th place team in each class. **Medals** will be given to top 25 finishers in each class, as well as members of the top four teams.

DISQUALIFICATION:

The NFHS Track & Field and Cross-Country Rules book states possible reasons for disqualification. Of note, no assistance is allowed to a competitor from any other person; however, the provision of liquids during competition is not considered a form of aid for disqualification purposes.

SIGNS/BANNERS & TEAM CAMPS:

School banners, including those displaying the name of the school and/or mascot, are allowed within the team camp area. Other signs or banners are not allowed.

SCHOOL OFFICIAL:

A school official must accompany a school's participant(s) to all Region and State Meet activities. Failure to provide a school official for representation and supervision may result in the disqualification of participants from the meet.

STATE MEET RECORDS:

All State Meet records can be found online by going to <https://www.sdhsaa.com>, About Us, Yearbook.

GOLF CARTS, ATVs, OR TRANSPORTATION:

The use of vehicles, motorized or otherwise, is restricted to meet workers and authorized personnel only. No carts will be available for spectators to rent.

STATE MEET EXPENSES:

Each school shall pay the entire expenses of its contestants at the State Meet. The SDHSAA does not reimburse the schools for any expenses incurred at the State Meet.

MEET REFEREE AND JURY OF APPEALS:

The Jury of Appeals for the State Meet shall consist of: Meet Referee, Starter, Assistant Referee/Assistant Starter and SDHSAA Executive Staff members present at the event.