

2021 SDHSAA State Cross Country Meet

Yankton Trail Park – Sioux Falls

Saturday, October 23

Coaches Information

Congratulations on qualifying members from your school to this year's State Cross Country meet to be held in Sioux Falls. Please review the following information to help both yourselves and ourselves in advance of the competition.

MEET DIRECTOR:

Randy Soma, Asst. Executive Director, SDHSAA

MEET MANAGER:

Casey Meile, Coordinator of Athletics, Sioux Falls School District

COURSE LOCATION:

Yankton Trail Park
3901 S Minnesota Ave
Sioux Falls, S.D. 57108

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 Yankton Trail Park, the SDHSAA encourages all spectators attending the 2021 State Cross Country Championships to pre-purchase their admission through our digital ticketing system. Tickets can be purchased in advance using the GoFan App on mobile devices. <https://gofan.co/app/school/SDHSAA>

COURSE PARKING:

Please see the accompanying map (also available on the SDHSAA website) for info

COACHES' MEETING:

There will be no on-site coaches meeting. Coaches with questions are encouraged to contact meet directors prior to the contest.

PRACTICE ON COURSE PRIOR TO MEET:

Practice will be available for interested participants and teams from 3:00 – 5:00 PM CT on Friday, October 22.

CHECK-IN:

Check-In will take place on-site at Yankton Trail Park 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 CT
Saturday Morning:	10:00 – 12:00 PM CT

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 – Region Chairs will forward names of qualifiers from the Region Meets to the SDHSAA office. If a Class A or B school needs to make changes to their team entries, please notify the SDHSAA office by no later than Tuesday, October 19 at 10 AM. Any changes after that deadline are to be made at the meet check-in table.

REMINDER: There are no substitutions allowed for individual qualifiers.

SUBSTITUTIONS:

For Classes ‘A’ & ‘B,’ substitutions may be allowed to Team Entries between the Region and State Meets. However, there are no substitutions for participants who qualified for the State Meet as individuals only.

CONTESTANT NUMBERS:

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

- Worn by the correct, pre-assigned individual, and,
- Number-bibs are 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 for specific information on regulations specific to inhalers and uniforms prior to the meet.

COURSE DISTANCE:

The distance for all state championship events will be 5000 meters (3.11 miles).

DRESSING FACILITIES:

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

TIMING SYSTEM & COMPUTERIZED CHIPS:

The SDHSAA has upgraded our timing system contract to work with Erik VanLaecken of Sioux Falls to integrate timing chips into the actual number bibs competitors will wear. Please note the detailed information on the SDHSAA website (and in your coaches’ packet) regarding proper wear of these new bib-tags.

All bibs are able to be disposed of and/or kept by the student athletes and do not need to be returned to the SDHSAA at the completion of the event.

RACE SCHEDULE:

Below is the start-time schedule for all races. Teams are reminded that they are to report to the starting area for line-up a minimum of 10 minutes prior to the listed start time.

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

AWARDS:

Trophies will be given to the top two teams in each class.

Plaques will be given to the 3rd through 6th place teams in each class.

Medals will be given to Top-25 finishers in each class, as well as to members of the top-four teams.

South Dakota Public Broadcasting will work with Team and Individual Champions to arrange for a brief photo shortly following each race's completion.

STARTING BOXES:

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

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 100M due to contact with another runner, the race will be recalled by a second-shot.

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.

TEAM TIES:

Team scoring ties shall be resolved according to the NFHS Track & Field Rule Book.

DISQUALIFICATION:

The NFHS Track & Field Rule book lists 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:

Please note that 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 at SDHSAA.com.

GOLF CARTS, ATVs, OR TRANSPORTATION:

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

REGION AND STATE MEET INFORMATION

A. Region Committees

1. A committee shall be formed with a meeting to be held prior to the meet for organizational purposes.
2. A school shall designate an administrative staff member (superintendent, principal, athletic/activities director) who is not coaching in the sport involved to represent the school on the committee. The representative shall then inform the school personnel directly involved with the sport of the decisions made at the committee meeting.
3. A committee chairperson (superintendent, principal, athletic/activities director) is to be elected and each committee shall function following generally accepted Rules of Order. The region committee chairperson must be currently employed as an administrative staff member from a region member school. Minutes shall be kept of each meeting with a distribution made to each school represented on a timely basis.
4. All schools participating in the meet shall be notified as to time and place of any meetings.
5. The current region chairperson must submit to the SDHSAA the name of the individual that will be the chairperson for the following year. This notification, along with an indication of the date and site for the following year should be made prior to May 1st. If a committee chair can not be named for the following year, the committee must designate a school and administrative position that will assume the chairperson's duties. Failure to name either an individual or a school, including the designated administrative position, for the chair will result in naming the current chairperson as the chair for the following year. If the above information is not supplied to the SDHSAA by May 15, a \$50.00 fine will be assessed against the region not in compliance. Fines will be assessed for the ensuing school year. The new region committee is responsible for payment.
6. Input of Coaches - All committees are required to give coaches an opportunity to have input to the committee prior to any decision making by the committee.

7. Meet Referee and Jury of Appeals - A referee and a Jury of Appeals shall be appointed by the Region Committee. The referee may also be the starter. The Committee may constitute itself as the Jury of Appeals. A coach first makes a verbal protest to the referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury.
8. **NEW 2016:** All Region Cross Country Meets must utilize a Registered SDHSAA Track & Field Official as the starter/referee. This can be one individual, but must be a currently-registered official.

B. Region Entries

It is the responsibility of each school to have its athletes entered in the Region Meet. Even if you do not receive a notice from your region chairman, send your entries to him/her no later than one week prior to the meet. Instructions for submitting your entries can be found at

<https://www.sdhsaa.com/Portals/0/PDFs/Athletics/CrossCountry/EntryInstructionsforCoaches.pdf>.

Schools not assigned to a region should contact the SDHSAA office for assignment to the appropriate region.

Number of runners allowed on a team is as follows:

- i. Class AA - 7, 5 counters plus 2 pushers
- ii. Class A - 6, 4 counters plus 2 pushers
- iii. Class B - 5, 3 counters plus 2 pushers

NOTE:

1. 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.
2. 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.

C. Region Meet Format (Class A and B)

All regions are required to use the SDHSAA entry system, (located in the school zone area under the cross country section). All region meet results must be emailed to the SDHSAA, using the Hy-Tek program, immediately following the Region meet.

D. Appeal and Grievance Procedure for Region Committees

1. If at all possible, the committee shall solve its own problems and make its own decisions.
2. Protests based upon a challenge to the interpretation given to a contest regulation or administrative ruling thereon must be submitted in writing within 24 hours after the contest, to the chairman of the region committee/meet. The committee shall render its decision promptly to the SDHSAA Executive Staff, and shall notify the protester, by telephone or e-mail, to be followed by a written notice of its decision sent by first class mail to the protester. An appeal from the decision of the regional committee shall go directly to the SDHSAA Board of Directors. The decision of the

Board of Directors shall be final. The appeal must state the decision of the region committee and the basis for the request to overrule that decision.

3. Part V, Section 1 of the SDHSAA Constitution and By-Laws states, “Decisions of the Judges. Judges’ decisions in any contest are by their nature necessarily regarded as final and shall not be considered as the basis for protest.”

E. School Official Must Attend Meet

Each member school with an entrant in the Region and/or State Cross Country Meet must have a qualified staff representative from their school in attendance.

F. Qualifications for State Meet

1. Class “AA” – Schools in Class “AA” are not assigned to a region and automatically qualify a team entry for State Meet competition.

Procedure to follow for submitting “AA” state meet entries:

- a. All Class AA Schools will be required to make all entries to the State Cross Country Meet and State Track and Field Meet using the SDHSAA entry system.
 - 1.) The entry will be done electronically through the Athletic.net online system.
 - 2.) The deadline for entries to the State Cross Country Meet will be 10 AM CT on the Friday of the week prior to the State Meet.
2. Class “A” — Class ‘A’ is divided in to five regions; the top three teams and twenty individuals from each region meet shall qualify for the State Meet.
3. Class “B” — Class ‘B’ is divided in to five regions; the top three teams and twenty individuals from each region meet shall qualify for the State Meet.
4. Additional team entries may qualify for the state meet provided enough runners finish within the top twenty places at a region meet. A squad that qualifies a team entry in this manner cannot, however, bring additional (pusher) runners to the State Meet other than those that qualified as individuals at the region meet.

G. State Meet Time Schedule

1. Race Competition Starting Times (all times local course time):

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	Conclusion of final race of the day

NOTE: Line-up of all teams and individuals is 10 minutes prior to race time.

H. Instructions and Check-in for Coaches and Participants at State Meet

1. Final instructions for the State Meet will be posted on the SDHSAA website.
2. There is no coaches' meeting. All necessary information will be posted on the SDHSAA website prior to the state meet. Substitutions may be made at check in on Saturday morning.

I. Course Length

All Classes - 5,000 meters (3.11 miles)

J. Substitutions

Make-up of teams need not be the same in the State Meet as it was in the Region. Substitutions will be permitted. However, those qualifying strictly as individuals cannot be substituted for.

K. Scoring

1. Individual: Individual place points shall be scored 1 point for first, 2 points for second, 3 points for third, 4 points for fourth, etc. with all competitors who finish the race ranked and tallied according to their place of finish.
2. Team: Team score shall be determined by totaling the points scored by the first three runners of a team in Class "B"; the first four runners in Class "A"; and the first five runners in Class "AA". The team which scores the smallest number of points is declared the winner. Schools not entering full teams shall be disregarded when totaling team points and team scores are to be re-ranked for only those schools entering full teams.

NOTE: Ties in team scoring shall be resolved by comparing the first "pusher" from the tying teams. The team with the best "pusher" shall prevail. If one team does not have a "pusher", the team with the "pusher" shall prevail.

L. Ticket Information

State Meet tickets are available for sale on the day of the meet at a price set annually by the SDHSAA Board of Directors

M. Uniforms

See separate "Resources for Running a Cross Country Meet" handout on SDHSAA.com

O. Contestant Numbers and RFID Tags

All runners will be assigned a number inclusive of an RFID tag. Numbers/bibs 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. The order of finish will be based on the RFID tag attached to the bib number. Numbers will be used in case of computer malfunction.

P. 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 with a second shot. If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled with a shot.

Q. Use of Golf Carts

The use of golf carts or any vehicle, motorized or man-powered, on the race course by individuals other than event or SDHSAA Staff is strictly prohibited.

R. Awards

The SDHSAA Office will order all medals and plaques for the region meets. Two plaques (champion & runner-up) will be awarded at each region meet. Medals will be presented to the top 20 individuals and the top two teams. Orders will be sent directly to region chairman by the companies. Region committees will be expected to pay for all awards presented.

At the State Meet medals will be presented to each of the top 25 individual place finishers and members of the top six teams in each class (boys and girls). Trophies will be awarded to champion and runner-up teams with plaques to the third through sixth place teams in each class (boys and girls).

All individual and team cross country awards will be presented by either the Board of Directors members, SDHSAA Corporate Partners, or the Track & Cross Country Coaches Association according to the Awards. Time schedule listed previously. No awards will be handed out prior to the regularly scheduled awards program.

S. 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 in Cross Country.

T. Meet Referee and Jury of Appeals at State Meet

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