

# SDHSAA Suggested Cross Country Starters' Guide

## Updated – August 20, 2018

**Beginning with the 2018-19 school year, all SDHSAA Cross Country Meets must be officiated by a minimum of one registered SDHSAA Track & Field Official.**

**With that in mind, please review the following information that we submit as a meet-to-meet checklist for officials to complete each time they officiate an interscholastic meet.**

### PRE-MEET DUTIES

- Arrive at least one hour prior to the first posted race time
  - Officials should be properly attired in SDHSAA Track & Field Official uniform (Pages 5-7 [Here](#))
- Do a review of the complete course, including:
  - Starting Area, including team boxes as well as immediate surroundings
  - Entire course as laid out by personally travelling the terrain
  - Finish area, ensuring a properly marked and contained finish corral has been developed, as well as a specific marking for the finish line is apparent to all participants
  - Identify that proper hydration facilities/opportunities exist for runners
  - Throughout this check, pay special attention to obstacles that might be hazardous or otherwise potentially dangerous on the entire course & review with you meet director prior to the event
- Review race order with Meet Director
  - Ensure the time schedule for calls, reports and starts
    - Rolling schedule or specific to a time?
- Review scoring procedures with meet director
- Coordinate starting procedure with on-site timers, as necessary
- Define 100M Mark from the starting line to determine if recall is necessary due to a fall
- As necessary, conduct a coaches' meeting 30-minutes prior to the race to address coaches of any special circumstances surrounding the course, emphasize good sportsmanship and remind all of proper uniforms, coaches etiquette and regulations concerning spectators on the course

### DURING THE MEET

- As teams arrive at the starting area, begin to check for uniform violations. A full listing of uniform regulations can be found on the SDHSAA website
- Collect and retain atomizer (inhaler) prescriptions from coaches and participants. Note that prescriptions must be specific to allow the use of the atomizer during athletic participation in order to be used during a race
- Conduct a proper start, monitoring for false starts by competitors
- Where possible, recruit an assistant starter to help monitor the first 100M in case of a fall
- Be on-course during the race. Have some kind of vehicle to escort you around. Towards the end of the race, be present near the finish line, as most infractions happen within the final 25 meters

### FOLLOWING THE RACES

- Review results with Meet Director & scoring personnel to ensure accuracy
- Review events with Meet Director to ensure no rules questions or challenges from coaches exist