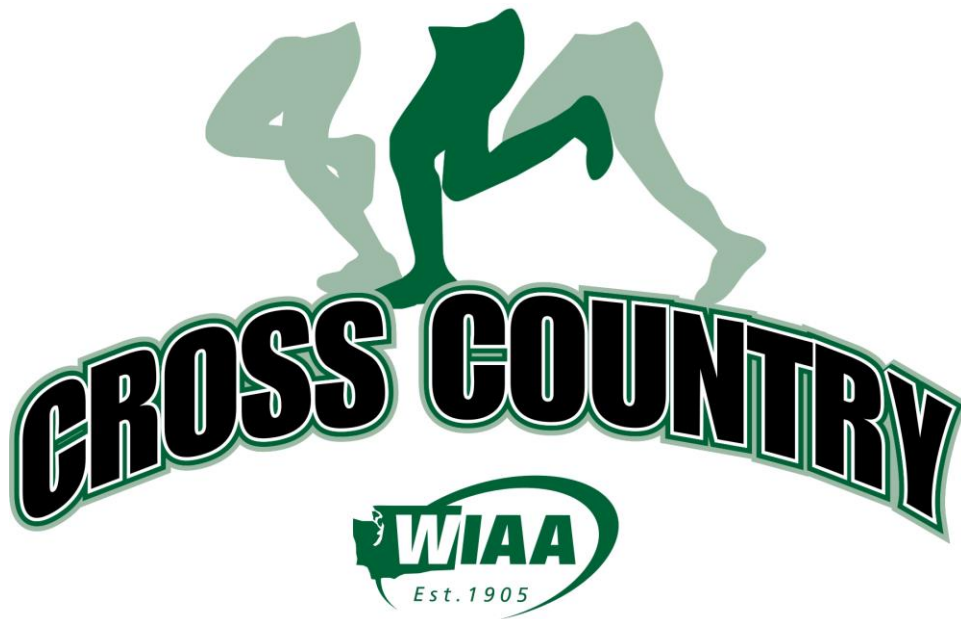




WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

WIAA/DAIRY FARMERS OF WASHINGTON/LES SCHWAB TIRES
2016 Bound for State Regulations



November 5, 2016

Sun Willows Golf Course, Pasco

The course is open from 10:00 a.m. to 5:00 p.m. on Friday and 9:00 a.m. to 9:45 a.m. on Saturday for review and practice. After 9:45 a.m. on Saturday, all warm-ups will be restricted to the area just off the team parking area or across 20th Avenue at Columbia Basin College. ***There will not be a formal coaches meeting prior to the event. Please remind runners to stay off the putting greens and out of sand traps.***

Course Distance

The distances run for both boys and girls shall not exceed 5.0 kilometers. The course is well marked with directional signs and flagging. Spikes are allowed and recommended. The course crosses over the cart path in a few places.

Allocations

Team/individual allocations in cross country are made to the WIAA Districts.

Qualifications

In addition to the team/individual allocations, any participant who finishes within the allocated individual places in a District meet or Regional meet when Districts combine allocations and is not on a qualifying team will qualify to run at the State meet as an individual entry. Each WIAA district team allocation will be multiplied by a factor of **seven (7)** to determine the individual qualifying places for each District qualifying meet. Any participant who finishes in the specified number of individual qualifying places in a District meet, and who is not on a qualified team, will qualify to run in the state meet as an individual entry. **Individual qualifiers from a school that has 5 or more qualifiers will be scored as a team. A school can have seven (7) individuals compete during the post season races.**

Passes

Each school with one (1) or more entries to the State Meet is entitled to the following passes:

- Two (2) coaches' passes.
- If a school has three (3) to nine (9) participants, three (3) coaches' passes will be issued.
- A school with ten (10) or more participants will be issued four (4) coaches' passes.
- One (1) manager pass
- Maximum of two (2) supervisory passes

Each school must register the above individuals on their school profile page through waa.com/mywaa and clicking "Tournament Registration" after logging in. The school Athletic Director has access to this site.

Entries & Registration

All schools must register their cross country qualifiers for the district meets on the athletic.net website. Coaches will register their nine runners (7 runners and 2 alternates). Detailed instructions are available by going to the main Cross Country page <http://www.waa.com/crosscountry> and clicking on the link marked "Registering District Qualifiers" on the left menu. All official qualifiers to the state meet will be automatically uploaded to the state meet roster registration from the qualifying meet report.

District Meet Managers, or Regional Meet Managers when Districts combine allocations, are to forward results within 2 hours of completion of the district meet to the WIAA State Cross Country Championship Meet Manager.

All coaches, managers and school supervisors must be registered by their school Athletic Director through their my.waa.com account. Two supervisory admissions will be granted. Bus drivers must sign in at the Pass Gate. All buses and vans will be parked in the team parking area or in the overflow area near the entrance (CBC Parking Lot).

Nobody is allowed in the residential area.

Police and extra security will patrol this area. You must go around the housing area when you move from one area to another. We have created a corridor from the start area to the finish line in order to help with the flow of foot traffic.

Check-In

Check-in will begin at the State Meet site on Friday after 10:00 am and Saturday prior to 9:00 am. Coaches and participants **are not allowed** on the course prior to 10:00 am Friday. Anyone violating this rule may be subject to disqualification. Upon check-in, coaches will receive their packet which includes:

- Bib numbers for runners. **All changes in runners must be made by Friday at the coaches check-in.**
- One (1) program.
- Passes for coaches and manager.
- Additional pins or lost numbers may be obtained from the Clerk of the Course at the start line. The Clerk of the Course will stay close to the Start Line to check in the runners. Teams will enter through a team gate where individuals will have to show a wristband (attached to the wrist), a runner's number, or be on the pass list.

COACHES: The wristband is required to be on your wrist in order to gain entry to the event and to gain access to the staging/preparatory-area before your runners' scheduled races. Remind runners to wear their numbers or at all times.

All questions need to be addressed when you pick up your coaches packet.

Substitution of Runners

- A school may change runners after a team has qualified in the District, provided the substitute meets WIAA requirements as a participant.
- Substitution of a team member must be made with the State Meet Manager on arrival at the meet site on Friday or via phone or email by Friday if not arriving until Saturday. This includes changes in alternates. No changes can be made in the pool of nine runners for each team on race day. A maximum of seven (7) runners may run for a team.
- When an individual contestant cannot compete, it is the responsibility of the school principal to notify the meet manager, who, in turn, will notify the principal of the next qualified contestant.
- A player removed from participation in a tournament event due to injury or illness shall not be allowed to continue until authorized by the physician who made the original decision at that event, or his/her designee.
- Alternates must be submitted to the district managers for submission to the State Meet Manager.

State Meet Procedures

Rules

The NFHS Track and Field Rules Book shall be used. Any situation or interpretation not covered in the rulebook will be ruled upon by the Games Committee.

Games Committee

The Games Committee is responsible for the proper conduct of the cross country race.

Jury of Appeals

The Jury of Appeals will be appointed by the Games Committee. The Jury of Appeals will serve as the final board of appeals as outlined in the NFHS Track and Field and Cross Country Rules Book.

Numbers

A competitor must wear a contestant number on the front of the uniform before being allowed to compete.

Dressing Rooms

Available at the Columbia Basin College Athletic Department after the races on Saturday.

Uniforms

The NFHS Track and Field Cross Country Rules Book uniform rule will be enforced. It is the individual runner and full team's responsibility to compete in the proper uniform. All contestants must wear their assigned numbers on the front of their jerseys when competing. Bare midriff tops are not allowed. **The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.** This will be enforced by the clerk

Doo-rags, handkerchiefs and hats of any kind are not allowed during competition. Plain head bands, stocking caps and gloves will be acceptable (no logos of any kind are allowed on head gear).

COACHES: Take all concerns to the appropriate lead officials.

Timing System

A FinishLynx photo finish timing system will be used for the event. The FinishLynx system will capture the place and time of each athlete. This data will be provided to Meet Management for team scoring with results being conveyed to the WIAA for posting. An independent photo finish timing system will be used to capture the order of the top 16 finishers.

The Starting Line

LIMITED TO PARTICIPANTS ONLY. NO TENTS ARE ALLOWED AT THE START AREA.

The start line is marked with lanes numbered **1 to 26** (#1 is closest to the cart path and #26 is closest to the Red Lion hotel). A coach's box will be placed behind the start line. Only coaches of participating teams in that race can remain in the box during the start of the race.

Only runners with numbers will be allowed on the starting line. Marshaling will begin 20 minutes before each race at the start line. We recommend that runners check in with the Clerk of the Course before starting their final warm-up. Coaches will be allowed to enter a fenced area behind the starting line before each race to assist runners. After the call by the Referee, they must return to the Coaches Box area. A countdown clock will be at the start area. At four (4) minutes, an air horn will sound indicating that all non-runners (alternates) must leave the start area. At two (2) minutes, the Referee will give final instructions to the athletes.

Instructions will include the finish line procedures in the chute area. After crossing the finish line, runners must pull the tag from the bottom of their number and give to the Steward before exiting the chute. Failure to turn in the tag or failure to wear a number will result in disqualification. Some athletes have been confused by the double chute at the finish. Please talk to runners about this possibility and also about protecting themselves at the finish line (we recommend putting their hands on the person ahead to maintain balance).

Lane Assignments

- A draw for lanes will be made prior to the meet.

- All individual runners from a District will be placed in a single lane in order of their finish in the District meet and teams will draw for lanes. If more than six (6) individual runners qualify from an individual district, lanes adjacent to the district's lane will be used to accommodate these additional runners.
- Teams will be assigned lanes and will only be allowed to line up three runners across at the start line. Additional runners will be stacked behind the lead runners.
- For the first 150 yards beyond the start line, the course will be divided into two alleys with lanes 1-13 in one alley and 14-26 in the other alley. Please encourage runners to run in a straight line from the starting line to the top of the hill staying in their assigned alleys and NOT to crowd to the left. The alleys will merge at the top of the first hill.

Timer on the Course

A timer will be stationed at the one (1) mile point and two (2) mile point to call times during the meet. No other timers will be permitted on the course.

Course Coaches Boxes

There will be coaches' boxes available on the course. The boxes will only be available to one per school during the race in which the school has athletes participating. Two coaches will be permitted access for schools that have a qualified team. The provided wristband and race hip number must be worn in order to gain access to the coaching box. The race course is closed to both the coaches and spectators except for the areas designated for spectator use and the specific coaching boxes.

Finish Line

COACHES: Train your athletes to run through the finish line and into the chute. Runners must cooperate with finish line personnel.

First Aid Tent

The First Aid tent has both doctors and certified athletic trainers. An ambulance will be stationed at the medical tent, which is adjacent to the finish line. If there are any medical concerns that we should be advised of, please tell the medical tent prior to the start of the race. WATER ONLY will be provided at the finish line for all athletes. If a runner requires an atomizer, the NFHS procedures must be adhered to.

Scoring Procedure

- **A runner will be scored for his/her individual and team place. Each runner must wear a number. At the end of the main finish line chute, meet officials will record numbers in order of finish. Any runner not displaying his/her number plainly will be disqualified.**
- Runners and coaches are to stay clear of the Official Timer at all times during the race. Each runner will be timed and complete results of the event will be posted on the WIAA Web site at www.wiaa.com/crosscountry.
- **Managers are authorized to use official pictures of the finish to assist meet officials in making final decisions. These pictures are to be used by and are available to meet officials only.**

Scoring

- The team score shall be determined by totaling the points scored by the first five (5) runners to finish from each team. If fewer than five (5) runners finish, no score shall be listed. Individual finishers will not be counted in team scoring.
- Ties will be broken by comparing the 6th place finishers from the teams that tie. The team with the best 6th place finisher shall prevail. If a team does not have a 6th place finisher, the team with the 6th place finisher will prevail. If only five (5) competitors finish from both teams that tie, the team scoring shall be resolved totaling the scores of the first four (4) finishers.

- The State Meet Manager, when possible, will maintain a scoreboard to announce team races and standings (near the start of the racecourse).

Results

Race results will be available at the end of each race. Complete race results will be posted online periodically throughout Saturday (approximately 30 minutes after each race). The official scoring system will be the computer results and they will be posted at the press area.

Post-Race Procedures

Instruct runners to go to the Press Tent five (5) minutes after the race for interviews, and then proceed to the awards area if they are in the Top 16 individual places for the 16-entry meet or the Top 8 individual places for the 8-entry meet. The individual awards will be handed out immediately after the race is completed. The team trophies will be handed out on the scheduled time slots. No spikes are allowed on the awards stand.

Event Photography

NW Sports Photography will post all of the action and awards pictures online at www.4nsp.com.

Award Presentations

Trophies, medals and/or ribbons will be presented immediately following the conclusion of the meet. Academic award presentations will be made periodically throughout the day as teams are available. This procedure may be changed at the discretion of the State Meet Manager.

Reminder to All Coaches and Spectators

The race course is closed to both the coaches and spectators except for the areas designated for spectator use. Please do not move into areas that are flagged. Thank you for your cooperation.

Program Sales/Admission Tickets

Available at noon on Friday and 8:30 a.m. on Saturday at the State Meet site. Checks for State memorabilia t-shirts/gear must be made out to Rush Team Apparel.