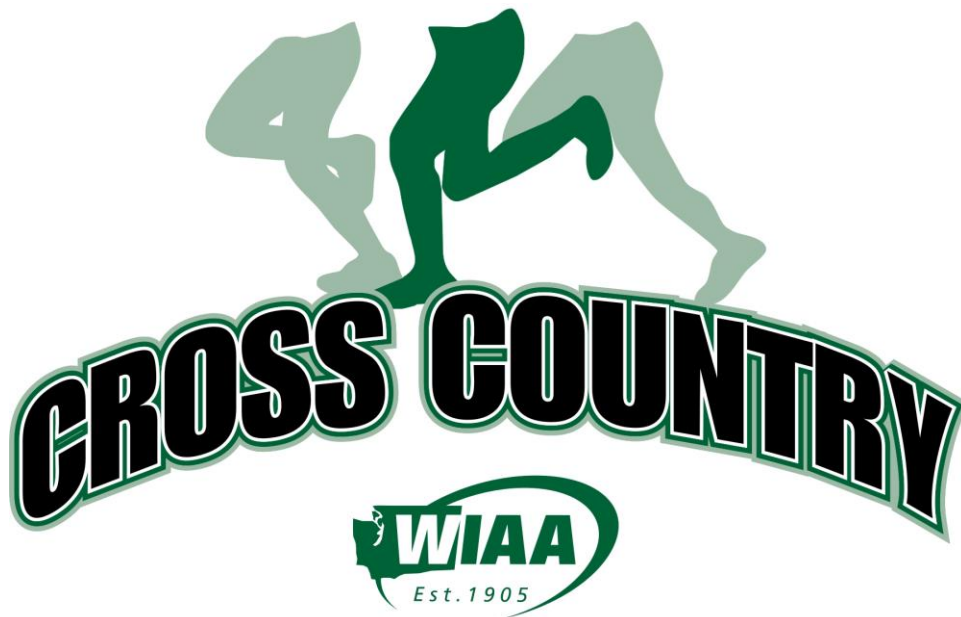




WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION

WIAA/DAIRY FARMERS OF WASHINGTON/LES SCHWAB TIRES

# 2019 Bound for State Regulations



November 9, 2019

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 (included in the Coaches Packet):

- 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](http://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 athletes for the state qualifying meet 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 "REGISTER FOR STATE QUALIFYING MEET" under helpful links. All official state meet qualifiers and team alternates will be automatically uploaded to the state meet roster registration from the qualifying meet report.

***Qualifying Meet Managers are to forward results within 2 hours of completion of the qualifying meet to the WIAA State Cross Country Championship Meet Manager as well as posting the results on Athletic.net.***

**All coaches, managers and school supervisors must be registered by their school Athletic Director through their [my.waa.com](http://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 coach's 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 and coaches box before your runners' scheduled races. Remind runners to wear their numbers 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 qualifying meet, 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.

**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 and chip attached to the shoe 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 and the assigned chip attached to the shoe 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.***

## **Finish Line 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. Each athlete will be deemed finished when the torso of the athlete crosses the vertical plane at the leading edge of the finish line. The data collected by the FinishLynx photofinish timing system 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 as the backup photofinish timing system.

## **RFID Chip Timing System**

A IPICO Sports RFID chip system will be used for a split timing system as well as a back-up for timing system for the finish line. The RFID chip timing will take the place of the pull tags and finish chutes. The RFID chip timing will provide live unofficial internet results from the 1 mile and 2 mile split points. The 1-mile and 2-mile split timing internet results will be posted on the WIAA Web site at [www.wiaa.com/crosscountry](http://www.wiaa.com/crosscountry). Athletes will be corralled after the race for chip return. Chips will be available for individual pick up at 8:00am on the day of the event at the timing chip pickup station.

**It is the responsibility of THE ATHLETE to pick up his/her RFID timing chip.** Each assigned RFID chip will match the specific bib number assigned to the athlete. Athletes WILL NOT be allowed on the Starting Line without his/her race bib number and assigned RFID timing chip. Alternates WILL NOT receive their RFID timing chip unless they are competing. The team's coach will be required to bring the RFID timing chip of the runner NOT RUNNING to the Timing Chip Pick-up and exchange it for the Alternates RFID timing chip.

RFID Timing Chips will be collected in the timing chip removal corral. NO ATHLETE will be allowed to exit the chip removal corral until their timing chip has been removed.

## **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 and chips 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.

## **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.

**There will be coaches' boxes available on the course.**

**The boxes will be available to any coach if they have a wristband. Coaches must wear the provided wristband 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.**

**Athlete warm-up area on the west side is restricted to athletes with bib numbers and coaches/managers with wristbands. They can't enter the race area. No athlete or spectator is allowed on the service road along the driving range.**

## **Finish Line**

***COACHES: Train your athletes to run through the finish line and beyond finish line camera which is marked with a chalk line in the corral area. Runners must cooperate with finish line personnel and keep the camera zone clear.***

## **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 camera zone (10-15 yards), 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](http://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 return the chips and then go to the Press Area within in the first five minutes of the race completion. Then they should 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](http://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.