



2019 WIAA STATE CROSS COUNTRY CHAMPIONSHIPS

COACH INFORMATION

NOVEMBER 9, 2019

Welcome to the 2019 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cross Country Championships. Below you will find important coaches information in addition to the "Bound For State" Regulations in your packet.

General

Parking at Sun Willows Golf Course is limited and operates on a first come, first served basis. No buses will be allowed in the parking lot. Inside parking is limited to race officials. If the parking lot is full, please go to CBC (across 20th Ave).

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.

Coaches Box and athlete warm-up areas can be found on the map located on the Tournament Central website.

Section 1 – Lead Officials/Games Committee

Meet Directors: Greg Huisingsh and John Cazier

Referees: Dale Fuller and Jay Rydell

Starters: John Morgan, Sandra Morgan and Jim Qualheim

Course Marshals: Wayne Frank.

Games Committee*: Dorris Cronrath, Mark Cullen, Mike Hubbard, Chuck Bodeen and Don McFarland.

*Any appeals will be addressed to the Games Committee after completing an appeal form, which can be obtained at the finish line trailer. Any questions or problems should be taken to the Games Committee.

Section 2 - Computer Operations / Timing / Results

Two FinishLynx FAT digital photo finish camera timing systems will be used in conjunction with cross country scoring program as the official timer and scoring system for the event. The finish of each runner shall be judged when the torso of the runner breaks the plane of the finish line.

Section 3 - Race Numbers & Pins

Race numbers shall be worn on the front of the jersey by the person whose name appears on the number which was in your coaches packet upon check in on Friday. Any roster changes shall be done on Friday at check in. No roster changes will be allowed on Saturday. You have a pool of nine (9) runners to pick the seven (7) that will actually race on Saturday. Additional pins and replacement numbers are available at the start line.

Section 4 - RFID Timing Chips

Two (2) RFID timing chips shall be worn by each runner competing in the event - one (1) on each shoe the runner will be wearing during the race. The RFID timing chip distribution tent will open at 8 am on Saturday morning and will be located adjacent to the starting line. It is the ATHLETES responsibility to pick up their own RFID timing chip. Athletes are to show their race bib number at the RFID Timing Chip Pick-up to receive their RFID timing chip. Athletes WILL NOT be allowed on the Startling 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 RFID Timing Chip Pick-up and exchange it for the Alternates RFID timing chip.

Section 5 – Lane Assignments

Lane assignments are listed in the program. These lane assignments were randomly drawn by district and finish prior to the running of the district races. A two alley start will be used with lanes 1-13 closest to the clubhouse and lanes 14-26 closest to the Red Lion. Lanes are wide enough to accommodate three (3) team members across the front row. Individual runners from districts are grouped together with a max of six (6) per lane and the top three (3) in front. The starters are in a four (4) ft. lane between the two alleys. Instruct your runners to run straight ahead until the merge point over the first hill.

Section 6 – Uniforms

Uniforms must follow the 2019 NFHS T&F/XC Rules Book and the “Bound for State” document which is attached. Questions about your uniform should be cleared by the clerks at the start line.

Section 7 – Coaches Boxes, Timers on the Course and Timing Clocks

- A. There will be coaches’ boxes available on the course. The boxes will be available to any coach if they have a wristband. They must wear the provided wristband in order to gain access to the coaching box. No spectators are allowed into these areas.
- B. A timer will be stationed at the one (1) mile marker and two (2) mile marker to call times during the meet. No other timers announcing timing data to the runners will be permitted on the course.
- C. A race clock will be hanging on the finish line arch showing the race time for each race. Official times will be posted on the meet results created by the Finish Lynx cameras.
- D. A second & third race clock will be set-up at the one (1) mile marker & two (2) mile mark showing the unofficial race time for each race. A fourth race clock will be set-up at the starting line showing the official time of day.

Section 8 – Team Area

Only place your tent in the designated team areas. No tents will be allowed at the Start Line Area and your tent must be 10 feet back from the fencing in the driving range area. Please keep your team area clean. Garbage bags will be provided in your coach packets.

Section 9 - Finish Line Area

No coaches will be allowed in the finish area. Do not take any athletes out of the finish corral. You may greet them at the end of the corral. Any runner leaving the finish corral before their RFID timing chip has been removed will be disqualified.

Section 10 – First Aid/Medical

Sports trainers and an EMT will be on site throughout the day of the meet. A first aid cart trails the runners on the course.

USE OF ATOMIZERS/INHALERS (as per National Federation rule) A letter or note from a doctor must be presented to the meet director or designee before the race documenting the need of the athlete to use the atomizer/inhaler during competition to ensure his/her safety. Without a doctor's statement, the athlete may only use the atomizer/inhaler prior to and after competition.

Section 11 - Timing / Scoring

Each runner will be timed and complete results of the event will be posted at the event site.

- A. Two FinishLynx FAT digital photo finish camera timing systems will be used as the official timer and placing of the runners. RFID timing chips and Seiko timers are used as the backup systems. Backup systems are unofficial and subject to review by a video system. Do not argue with the officials in the finish chute and finish corral.
- B. Coaches: To ensure a clean and clear photo as the racers finish, runners shall not manipulate their person stop watches prior to entering the finish chute and finish corral.
- C. Coaches: Train runners to run through the finish line and into the finish corral. Runners must cooperate with finish line personnel. Diving at the finish line may be judged as an impediment to other runners and may result in disqualification of the diving runner.
- D. Runners and coaches are to stay clear of all finish line cameras and the official timer at all times during the race.
- E. Leaders and order of finish will be kept and updated on the WIAA website. These are unofficial until checked at the completion of the race.
- F. At the completion of each race the RFID timing system will be used as a quality control check against the finish line film to ensure all runners are accounted for. Once the finish line film has been checked and confirmed, the data will be processed through the cross country scoring program creating the official race results.
- G. Internet LIVE timing will be operating during each race displayed on the WIAA website. There will be timing splits at both the 1-mile and 2-mile locations in addition to the finish. Note: All Internet based LIVE timing is UNOFFICIAL.

Section 12– Scoring /Results-As Per “Bound for State” Document

- A. 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 for any team no score will be listed for that team. Individual finishers will not be counted in the team scoring but individual qualifiers from a school that has five (5) or more qualifiers will be scored as a team.
- B. Ties in team scoring will be broken by comparing the 6th place finisher 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.
- C. Race results will be available approximately 30 minutes after each race. Order of finish will be updated throughout the race on the WIAA website in the results section of Tournament Central. They will also be posted on a results board located near the golf course restaurant.
- D. Complete meet results will be available online on the WIAA website. Results will also be posted at www.Athletic.net and on the result board near the restaurant following each race. **Jury of Appeals** - Any problems that arise before or during the meet should be brought to the attention of the Meet Referee. The Referee’s decision may be appealed to the Jury of Appeals. The Jury of Appeals will be composed of experienced cross country officials and coaches.

Section 13 – Awards

Awards Runners that finish in the TOP 16 will be told to proceed to the award stand for awards immediately upon the completion of that race. Full results will be posted to wiaa.com/statexc as soon as they are made official. Team awards will be awarded according to the published schedule, which is one hour after the start of that race.

Per WIAA State Championship policy, Drones will not be allowed at the event.

