

2009 District IV 1B/2B, 1A, 2A Cross Country Championship

Saturday October 31, 2009

Evergreen State College

Last updated Monday, October 12, 2009

Athlete Entry Information:

Your 7 varsity and 2 alternates need to be entered for this race. All runners must be entered by **Monday 10-26-09**. Please go to the following web site to enter your runners. <http://www.athletic.net/>

Tentative Time Schedule:

Course preview: [The course will only be available for preview on Friday, October 30th from 3:00 to 7:00. Click here for map of course.](#)

October 31, 2009

9:45 Earliest Course will be open. Runners will only be allowed on the course after the course owners have given permission. This means that depending on the weather there may or may not be an opportunity to walk the course this day.

10:30 Coaches meeting
11:00 1B/2B Girls Race
11:40 1B/2B Boys Race
12:20 1A Girls Race
1:00 1A Boys Race
1:40 2A Girls Race
2:20 2A Boys Race

Coaches may not enter the course during the race.

Team and Individual Awards will be given out after the race following your race. Please do not have any runners participate who do not intend to run in the State meet if they qualify. This is not fair to the other runners.

Uniforms:

Athletes must be in proper school uniform. The cross country uniform consists of a school issued jersey and shorts of the same color and design, which are not objectionable to the referee, and shoes, which may be supplied by the contestant. Any other visible apparel (this does not mean a bra) must be of a single color and worn under the uniform jersey or shorts. When the apparel is worn it shall be the same color for all teammates choosing to wear them. Watches may be worn by the competitors. Encourage your runners to appear at the start line with the proper uniform and NO JEWELRY so that they are not asked to change before running. Games committee and race starter will inspect all uniforms.

The following was sent to me from the State Meet organizers.

The NFHS Track and Field Cross Country Rules Book uniform rule will be enforced. It is the individual athlete and full team's responsibility to compete in the proper uniform. All contestants must wear their assigned numbers when competing and it shall be worn on the front of the jersey. 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 of the course. 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). Remember that LIVESTRONG bracelets and all bracelets are JEWELRY.

Jewelry:

NO JEWELRY but watches are allowed. Only religious or medical medals are allowed (Rule 4-3-7) Note: Watches are not considered jewelry. **Remember that LIVESTRONG bracelets and all bracelets are JEWELRY.**

Atomize:

Any runner requiring prescription medication must present written authorization from a physician to the meet director prior to the start of the coaches meeting. The release must state: what it is for, must carry while running, and physician signature. Rule: 5-1-9sp Note pg. 23

Entry Fee:

\$20.00 for boys & \$20.00 for girls.

Make checks payable to:

Evergreen Conference

Atten: **Scott Chamberlain**
WF West High School
342 SW 16th Street
Chehalis, WA 98532

Qualifying State Teams/ Qualifying Individuals: for 2009

1B/2B Boys four team- 20 individuals
1B/2B Girls two teams- 10 individuals
1A Boys three team- 15 individuals
1A Girls three team- 15 individuals
2A Boys four teams - 20 individuals
2A Girls four teams - 20 individuals

Awards:

Varsity boys and girls who qualify for State will receive a medal.

Finish Chute:

Coach your athletes to stay in the chute until they have been released. Any runner who leaves the chute prior to being released will be DISQUALIFIED from team and /or individual scoring.

Race Number:

Each runner will have a race number that is pinned on the front of their uniform. Finishes will be recorded on Video to insure elimination of placing errors.

Scoring: Computer scoring.

Meet Results:

Please ask your athletes to stay away from the team area and individual result area. Asking what their time is, place, or team place slows up the posted results. Individual place boards will be posted with times for all to see after the official result sheet has been printed. Coaches will receive printed race results.

Unsportsmanlike Conduct:

Rule 4-5. Please review these rules with your athletes, especially actions and/or language that will bring disgrace to the sport.

Protest:

All protests are to be written and handed to a games committee member. If a member can't be found find the meet director. The written protest must state the rule to be believed infringed and the situation that occurred. The games committee will then meet and make a ruling.

Wireless Communication:

Rule 4-5-9E States that it is an unfair act to use wireless communications. However meet personal can use these for the operation of the meet.

Parking:

Parking is available in B and C lots, with C lot being the closest. F lot (used for dorms) is crowded and there is no room for busses. Under no circumstances may cars park on the side of roads along Driftwood, Overhulse and especially Fireweed drive. They will be towed. **There is a \$2 charge per vehicle on weekdays.** Saturday's are free. **They ticket!!!** Driving directions and parking map <http://www.evergreen.edu/tour/gethere.htm>

Concessions: [Concessions will not be available.](#)

State Meet Pre-entry:

All entries are to be done on www.athletic.net

Scott Chamberlain will send the final results to John Crawford on Saturday after the race.

State Meet:

[November 7, 2009 @ Pasco](#)