

Last updated Tuesday, October 15, 2012

Re: District IV 1B/2B, 1A, 2A Cross Country Championship

Date: Saturday October 27, 2012

Site: [Evergreen State College](#)

### **Athlete Entry Information:**

Your 7 varsity and 2 alternates need to be entered for this race. All runners must be entered by **Monday 10-22-12**. Please go to the following web site to enter your runners. <http://www.athletic.net/>

### **Tentative Time Schedule:**

Course preview: *More info to follow.*

### **October 27, 2012**

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 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

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

**Qualifying State Teams/ Qualifying Individuals: for 2012**

1B/2B Boys 4 teams - 20 individuals

1B/2B Girls 3 teams – 15 individuals

1A Boys 5 teams – 25 individuals

1A Girls 5 teams – 25 individuals

2A Boys 3 teams – 15 individuals

2A Girls 3 teams – 15 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.

## **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:** *Team parking, both bus and van, is located in B-Lot. Spectator parking is located in C-Lot and F-Lot.*

**Concessions:** *More info to follow.*

## **State Meet Pre-entry:**

Be sure to read all items on the WIAA website that pertain to District/State XC. Be aware of the website maintained by Pasco for the State XC. [www.jcrawford.net](http://www.jcrawford.net)

[Allocations/schedules-maps/rules/etc.](#) are all on these sites.

In registering for the district meet, be sure to list 9(nine) runners so that you have alternates for the district meet. They will be your alternates for the state meet. You will register all runners on [athletic.net](http://athletic.net). Both district and state managers will get their list of runners from [athletic.net](http://athletic.net)

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

State Meet:

[November 3, 2012 @ Pasco](#)