*Final 10/9/2015*

**SPSL/SEAMOUNT SUB-DISTRICT**

**2A/3A COUNTRY MEET**

Saturday, October 24, 2015

Ft. Steilacoom Park

|  |  |  |  |
| --- | --- | --- | --- |
| SPSL 2A | SPSL 3A | Seamount 2A | Seamount 3A |
| Clover ParkFifeFranklin PierceOrtingRiver RidgeSteilacoomWashingtonWhite River | AuburnAuburn MtnviewAuburn RiversideBonney LakeEnumclawLakesPeninsulaSumner | EvergreenFosterHighline LindberghRentonTyee | HazenKennedyKINCO 2ALibertySammamish |

**Welcome to all coaches and competitors to Ft. Steilacoom Park and today’s Sub-District Cross Country race. This event brings together athletes from multiple leagues. Enjoy the colorful uniforms racing through the park in an effort to qualify for the West Central District event next week. Good luck to all and have a great day!**

**Governing Rules**  - The National Federation Rules shall apply

**Schedule**

9:00 Coaches meeting

9:30 2A/3A JV Boys

10:15 2A Varsity Boys

10:45 3A Varsity Boys

11:15 2A Varsity Girls

11:45 3A Varsity Girls

12:15 2A/3A JV Girls

 **Awards following last race**

1:00 SPSL 4A races start

**Lane Assignments** (random draw)

|  |  |  |
| --- | --- | --- |
|  | 3A (Draw finished) |  2A (Draw finished) |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 3 | Hazen |  | 1 | Clover Park | 10 | Franklin Pierce |
| 4 | Enumclaw |  | 2 | Renton | 11 | White River |
| 5 | Auburn Riverside |  | 3 | Evergreen | 12 | Fife |
| 6 | Auburn Mountainview |  | 4 | River Ridge | 13 | Lindberg |
| 7 | Bonney Lake |  | 5 | Sammamish | 14 | Steilacoom |
| 8 | Sumner |  | 6 | Tyee | 15 | Liberty |
| 9 | Kennedy |  | 7 | Washington | 16 | Highline |
| 10 | Peninsula |  | 8 | Foster |  |  |
| 11 | Lakes |  | 9 | Orting |  |  |
| 12 | Auburn |  |  |  |  |  |

**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. The note must document the need for 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.

**Awards (subject to change)**

Ribbons will be awarded to the top 10 individual finishers. Team ribbons will be awarded to each runner on the 7-member squad for the top seven 3A teams and eleven 2A teams. Individual ribbons will be awarded to those West Central District Qualifiers among the top thirty-five 3A finishers and fifty-five 2A finishers who were not recognized as a team qualifier. SPSL 2A and 3A schools will have the following honors and awards:

* Coach of the year, each classification, Boys and Girls. Vote and announcement at event
* Team sportsmanship, each classification, Boys and Girls. Vote and announcement at event
* Boy and Girl Athlete of the Year, each classification. Vote and plaque given at event
* 1st Team Honors, Boy and Girl, each classification, top 1-7. Ribbons given at event
* 2nd Team Honors, Boy and Girl, each classification, top 8-14. Ribbons given at event

**Entry Fee**

A $40 team entrance is being charged to each school as it is not possible to charge fans for this event. This fee is used to help cover the costs of running this event.

**Games Committee**

Any issues that arise before or during the meet should be brought to the attention of the Games Committee. The Games Committee will be composed of three cross country coaches from teams not directly associated with the conflict. Doug Aubert and Joe Keller will facilitate the committee meeting.

**Numbers**

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

**Souvenir Clothing**

Custom t-shirts, sweatpants, etc. will be sold during the day of the race by a contracted vendor, namely Northwest Design.

**Scoring**

The team scores and subsequent order of finish shall be determined by totaling the points scored by the first five (5) runners of each team that complete the race. If fewer than give runners from one team complete the race, a team score of INC. (incomplete) will be awarded that team and the places of all members of that team shall be disregarded in the scoring of the other teams. See NFHS Cross Country Rule 9.2. Team Ties: Ties in the team scoring shall be resolved by comparing the sixth-place finishers from the tying teams.

**Sportsmanship**

All officials are required to enforce rules of sportsmanship for all participants. Acts meant to demean or intimidate opposing runners; teams, coaches, spectators or officials will not be tolerated.

**Uniforms**

**Coaches and athletes need to be familiar with the National Federation regulations regarding uniforms.** Contestants shall wear only the uniforms authorized by their school. Shoes are required. Remind your athletes of the rules pertaining to t-shirts, spandex, etc (same color if worn by more than one team member where it reaches below the knee).

**REGISTERING ATHLETES:**

All athletes need to be entered on athletic.net by Friday October 16th at 3 pm. The race numbers are generated from this site.

**SCHOOL RESPONSIBILITIES:**

Schools are responsible for supplying volunteers to assistant at the meet. Each school is expected to bring 2 volunteers. The volunteers need to be at their location throughout the meet. This year’s volunteer group is as follows:

|  |  |
| --- | --- |
| **VOLUNTEER AREA** | **SCHOOL** |
| Finish Line | Lakes, Auburn Riverside, Franklin Pierce, Washington |
| Road Crossings | Sumner, Bonney Lake, Auburn Mountainview,  |
| 1 & 2 Mile Split | Steilacoom, Clover Park |
| Course Monitors | Orting, River Ridge |
| Water Station | White River, Fife |
| Results (printing and posting) | Peninsula,  |
| JV finish ribbons | Enumclaw |

**West Central District Qualifying (subject to change)**

The top seven (7) teams and top thirty-five (35) 3A finishers and the top (11) teams and top fifty-five (55) 2A finishers from the varsity races (boys and girls) will qualify for the WCD meet to run at American Lake Golf Course on Saturday, October 31, 2015. WCD event details are available at the state website [www.wiaa.com](http://www.wiaa.com)