



2015 UHSAA State Cross Country Championships Meet Information

ATTENTION: ENTRY INFORMATION:

Entries will be made by individual schools at www.runnercard.com and **must be completed by Friday, October 16**. The registration password for access to enter the meet is:

championships

Immediately following your region meet and no later than FRIDAY, OCTOBER 16, the Region Chair must submit the region results on-line using the "Form to Submit Region Results" link on the Cross Country page of the UHSAA web-site <http://www.uhsaa.org/fall-sports/xc.html>. Region results may only be submitted through the web-site.

Meet Information

Please read carefully even if you're an experienced coach, athlete or spectator.

The 2015 UHSAA State Cross Country Championships will be held Wednesday, October 21 at Sugarhouse Park and Highland High School. Team packets will be distributed at the starting line inside the park.

Parking

Parking in Sugarhouse Park is limited, will be crowded and is discouraged. With races being run throughout the day, vehicle access to the park and leaving the park will be slow. Parking for both buses and spectators will be available in the Highland High School driving range located just south of the school and adjacent to the stadium where all races finish. Use of this lot is strongly encouraged. The lot is accessed from 17th East. Only meet administration will be allowed in the lot immediately west of the starting line.

Bib Numbers and Bar Codes for Competitors

Coaches, please check all bib-number barcode labels for correct information! Team packets which will include bibs with bar codes will be distributed near the starting line. Meticulous attention here will ensure accuracy for news releases and the UHSAA results. Please make sure the name, school, classification, and gender are all correct on each label. If anything is incorrect, please report it to the computer station near the finish line to have it corrected. This must be done **BEFORE** the races take place. Information is only as accurate as what is received.

Results

Results will be available at the press box area and on-line at runnercard.com. Only meet administration will be allowed in the press box. Announcements will be made when printed results become available. Only one copy will be available for each school.

Race Procedures

Coaches, be sure your athletes understand these procedures:

- The pre-assigned bib number with the bar code must be pinned to front chest only (use four pins).
- The other number (one without the bar code) must be pinned on the back of the uniform (use two pins).
Note: The front and back numbers must match.
- Make sure **NOT** to tear the tag on the front bib-number with the pins or anything else. (Pins and numbers are included in the team packet.)
- After crossing the finish line, athletes must keep moving down the chute.
- Athletes must leave their tear tags on until after they are scanned.
- After an athlete has had their tag scanned, they are to remove their tear tag and hand it to the spindler.
- Athletes who voluntarily leave the finish chute early and do not proceed through the chute to the end may be disqualified. The finish chute is designed to maintain finish order.

Inspectors

Inspectors will be on the course watching for violations.

Awards

Medals will be awarded to the top 10 individual finishers in each race. The first and second place boys' and girls' teams in each classification will receive trophies. All awards will be made as quickly after the finish as possible. Academic All-State awards will also be presented at this time. Awards will be presented on the west side of the track in front of the west bleachers in the Highland High stadium. Please be there on time to receive awards.

Schedule

Races will be run consecutively in the following order. Times listed are approximate:

| | |
|-----------------------------|---------------------------|
| 1A Girls...11:00 am | 4A Girls...1:30 pm |
| 2A Girls...11:30 am | 5A Girls...2:00 pm |
| 1A Boys...12:00 noon | 3A Boys...2:30 pm |
| 2A Boys...12:30 pm | 4A Boys...3:00 pm |
| 3A Girls...1:00 pm | 5A Boys...3:30 pm |

Races will start approximately every half hour. Races will not start prior to the listed times. Start times may be delayed by weather or meet conditions. Runners should check in well in advance of the listed start times. When a race is partially through the course, an announcement will be made at the starting line for teams in the next race to assemble. **Coaches are responsible for having teams ready to run immediately after the announcement.**

Qualification

Please see the Cross Country section of the [UHSAA Handbook, page 70](#), for qualifying procedures.

Practice at State Meet Site

No practice is allowed at the site of the state meet within two (2) weeks of the state competition. This includes walking the course as a team or as an individual.

Starting Positions

A random draw for team starting positions will be done and posted on the Cross Country Page of the UHSAA web-site Tuesday, October 21 and included in your packet.

Athletic Trainers and EMT

EMTs and athletic trainers will be available at the finish line. If you see someone in need please assist by getting information concerning the location and problem to the start or finish lines immediately.

Caps, Headbands, Etc.

As per rule 3-2-4-n the games committee has ruled that headbands or knit caps which are unadorned except for school name, nickname, or school mascots are legal. A knit cap or headband may have a single manufacturer's logo/trademark, multiple colors and/or multiple designs. Baseball style caps are **not** legal attire. If one runner on a team wears a knit cap/headband, not all other runners on that team are required to wear one. For the runners on a team who do wear knit caps and/or headbands they do not have to be identical in design and/or color. Also, sweat wrist bands are NOT considered jewelry. However, if worn, sweat wrist bands must be a single, solid color and be unadorned except for single manufacturer's logo not to exceed dimensions listed for other uniform apparel.

Uniform Rule

Teams are reminded of the uniform rule from Rule 9, Section 6 of the NFHS Track and Field and Cross Country Rules Book (enclosed) and applicable sections of the NFHS Case Book. A copy of the Rules Book is sent to all UHSAA member schools each year. Please know the rule and abide by it. Rule 9, Section 4, Article 3-b reads: "The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry)..." When the coach enters athletes via the internet he/she is verifying that competitors will be properly equipped to meet the requirements of this rule.

Assistance to Competitors

Coaches, please educate the members of your team, their parents and others that will come to support your student athletes that per rule 9-7-4 it is a disqualification for a competitor who receives any assistance from another person. The most common form of the violation of this rule is when a non-competitor runs along side a competitor during the race (pacing). This has been a problem in the past. It would be unfortunate to have to disqualify a runner for the actions of someone not in the race. Please help by informing those who will be there to support your team.



SECTION 6 COMPETITOR'S UNIFORM

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design and have the following restrictions:

- a. Each competitor shall wear shoes.
 1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length uniform top or one-piece uniform issued by the school.
 1. The top or one-piece uniform may have school identification and the top may have the competitor's name.
 2. The top shall not be knotted or have a knot-like protrusion.
 3. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 4. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

5. Bare midriff tops are not allowed.
6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.

7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

NOTES:

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment is worn under the uniform top, all must be the same color.
3. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

- c. Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom or top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

NOTES:

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.
3. A visible garment worn under the uniform bottom, which extends below the knees, displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

ART. 2 . . . A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: (Arts. 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

SECTION 7 DISQUALIFICATION

ART. 1 . . . A competitor who false starts. (See 5-7-4)

ART. 2 . . . A competitor who interferes with another competitor. (See 4-6-3 through 5)

ART. 3 . . . A competitor who is unsporting or uses unacceptable conduct. (See 4-6-1, 2)

ART. 4 . . . A competitor receives any assistance from any other person. (See 4-6-5)

NOTE: Providing liquids during competition is not considered to be an aid or assistance.

ART. 5 . . . A competitor who fails to complete the prescribed course that is defined by a legal marking system.

PENALTY: (Arts. 1-5) Disqualification of the competitor from the event.