



2019 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 18**. The registration password for access to enter the meet is:
championships

Immediately following your region meet and **no later than FRIDAY, OCTOBER 18**, the Region Chair must submit the region results. Results can either be submitted on-line by posting the results to RunnerCard (Preferred), or the results can be emailed to the UHSAA's Jon Oglesby at joglesby@uhsaa.org.

Meet Information

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

The 2019 UHSAA State Cross Country Championships will be held Wednesday, October 23 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. The code on each of the bib numbers can be scanned on the newer smartphones using the camera (you don't have to take a photo). This code will open a browser and display the results of the runner who has that code on their bib.

Results

All meet results will be posted live to the Internet. As soon as a runner crosses a timing point, those results will be posted live to the results page. We expect the time interval to be less than 10 seconds between the runner crossing a timing point and the result being displaying on the results page. Timing points will be located at the 1-mile, 2-mile and the finish line marks. Results at each timing point will display both the individual positions & times and team positions & score.

When results are posted live, at this point they are still unofficial. Once the Gold, Silver, and Bronze medals of the top three finishers are displayed at the top of the Overall Full Results page, the results are considered official.

Results can be found on the RunnerCard website.

Race Procedures

Coaches, be sure your athletes understand these procedures:

- Each athlete must wear the correct bib number that displays their name. Failure to wear the correct bib number may result in disqualification.
- The pre-assigned bib number with the QR code must be pinned to the front chest only (use four pins).
- The other number (the one without the QR code) must be pinned on the back of the uniform (use two pins).
 - Note: The front and back numbers must match.
- Pins and numbers are included in the team packet.
- After crossing the finish line, athletes must keep moving through the chute.

- While chip-timing makes it no longer necessary to maintain finish order in the chute, RunnerCards will still be printed and distributed at the end of the chute. Maintaining your order of finish in the chute will simplify this process.

Certified Officials

Certified Officials 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. 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...10:00 am	4A Girls...1:00 pm
2A Girls...10:30 am	5A Girls...1:30 pm
3A Girls...11:00 am	6A Girls...2:00 pm
1A Boys...11:30 am	4A Boys...2:30 pm
2A Boys...12:00 pm	5A Boys...3:00 pm
3A Boys...12:30 pm	6A 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 22 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. 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.

1A Tiebreaker

With 1A Cross Country having a unique format, due to the decision of UHSAA Executive Committee 1A Classification representatives, the following will serve as the tiebreaker for 1A Cross Country:

- 1- All 1A teams will be scored on their top 4 finishers only.
- 2 - The 5th runner would be the tie breaker if both teams have five or more runners. If one team has five or more and another team has four runners, the fourth runner would be the tiebreaker.
- 3 - With a tie between teams that only have 4 runners the tie breaker would be the placement of the 4th runner.

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)..." When the coach enters athletes via the internet he/she is verifying that competitors will be properly equipped to meet the requirements of this rules.

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. Also, any runner who assists another runner will also be disqualified.



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