



# 2023 UHSAA Mountain America Cross Country Championships

## **ATTENTION: ENTRY INFORMATION:**

Entries will be made by individual schools at [www.runnercard.com](http://www.runnercard.com) and **must be completed by Friday, October 20**. The registration password for access to enter the meet is:

Immediately following your region meet and **no later than FRIDAY, OCTOBER 20**, the Region Chair must submit the region results. Entries will close at 11:59 p.m. on Friday, reopen at 12:00 p.m. on Saturday for corrections, then close again on Saturday at 6:00 p.m. Seeding will occur after this. Results can either be submitted on-line by posting the results to RunnerCard (Preferred), or the results can be emailed to the UHSAA's Chris Shipman [cshipman@uhsaa.org](mailto:cshipman@uhsaa.org)

## **Meet Information**

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

The 2023 UHSAA State Cross Country Championships will be held Tuesday, October 24, at the Regional Athletic Complex in Salt Lake City. The address of the RAC is 2280 Rose Park Ln, Salt Lake City, UT 84116. Team packets will be distributed at the team entrance area (listed on map). The facility will not open until one hour prior to the scheduled start of the first race for patrons (9:00 a.m. open for patrons; 8:30 a.m. for teams).

### **Parking**

Spectators will be charged to enter the venue. Fans will not be able to enter the venue without a wristband. Vehicles with two-or-less individuals inside the car will be charged \$10; vehicles with three-or-more individuals will be charged \$20. RV's and other oversize vehicles will be charged at \$40, due to the use of multiple parking spots. Fans will be issued wristbands at the entrance gates for the corresponding numbers of individuals inside the vehicle. Parking passes can be purchased on the UHSAA GoFan online ticket portal at <https://gofan.co/app/school/UHSAA> or purchased at the gate. A service fee will be charged as part of the purchase. **There will be no cash option for purchase. It is advised for everyone to pre-purchase passes to allow for faster parking and entrance into the facility.**

Individuals who hold UHSAA Annual Passes will show the pass at the parking lot entry gate to receive wristbands for them and another individual.

Patrons and teams are encouraged to leave after their respective awards ceremonies to allow more parking for patrons and team buses. There will be a parking attendant at the exit gate to ensure people do not enter the facility through an alternate route.

Schools who are planning on bringing student support buses will drop off students in the team parking entry and will be charged \$5 per student who enters through the gate. UHSAA personnel will provide entry wristbands for these individuals.

### **Team Entry**

Teams will be dropped off in the halfloop in front of the team entrance area (see on map). Buses will then proceed to the bus parking area (see on map). When leaving, teams are encouraged to leave for the bus parking area for loading to leave. Teams will receive wristbands for all competitors at the check-in table, with the UHSAA including ten wristbands in addition to the number of qualified athletes per team. These can be used for extra athletes, trainers, etc.

Coaches will be required to be wearing their UHSAA-issued credential for certified coaches to coach in the meet. These coaches' passes will also be considered valid entry into the venue as long as coaches are entering with the team.

Teams are encouraged to show up no earlier than 1 hour (60 minutes) before the first race time in their classification to help with staggering the check-in process.

**Bib Numbers and Barcodes 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 displayed 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).
  - o 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, RunnerCard 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 stadium (listed on map). Please be there on time to receive awards. Awards will be done by classification (for example: the 5A girls awards will be immediately followed by the 5A boys).

**Schedule**

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

<b>1A Girls...10:00 am</b>	<b>2A Boys...1:30 pm</b>
<b>5A Girls...10:30 am</b>	<b>4A Boys...2:00 pm</b>
<b>1A Boys...11:00 am</b>	<b>3A Girls...3:00 pm</b>
<b>5A Boys...11:30 am</b>	<b>6A Girls...3:30 pm</b>
<b>2A Girls...12:30 pm</b>	<b>3A Boys...4:00 pm</b>
<b>4A Girls...1:00 pm</b>	<b>6A Boys...4:30 pm</b>

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. There will be a Coaches' Association meet to preview the state course during the season.

### **Starting Positions**

A random draw for team starting positions will be done and posted on the Cross Country Page of the UHSAA web-site Monday, October 24 and included in your packet.

### **Athletic Trainers and EMT**

EMTs and athletic training volunteers will be on hand 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. The UHSAA strongly encourages all teams to bring their own athletic trainer, who will then coordinate with the UHSAA liaison for athletic trainers at the start line. Teams should plan on providing for all their own athletic training needs.

### **PARENTS ARE TO NOT ASSIST INJURED ATHLETES FOR LIABILITY REASONS.**

### **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.



**MOUNTAIN AMERICA**  
CREDIT UNION



# UHSAA STATE XC COURSE