

2009 IESA STATE CROSS-COUNTRY MEET INFORMATION

Enclosed in your packet is a listing of competitors from your school with their assigned number. **YOU MUST REPORT ALL CHANGES, even the slightest misspelling. IF YOUR SCHOOL HAS ADVANCED AS A TEAM AND YOU ARE MAKING A CHANGE TO ONE OF THE RUNNERS, THIS MUST ALSO BE REPORTED.**

NUMBERS

- Be sure your runners **WEAR THE NUMBER ASSIGNED TO THEM!!!!** The number shall be pinned to the **FRONT AND BACK** of the uniform. The number assigned to each runner is listed in two places---on a label on the back of one of the numbers and on the sheet enclosed. The number with the label should be placed on the uniform front in the "upper center" of the jersey and the other number goes on the back. Be sure each runner has the same number on the front and the back.
- Pins – Please instruct your runners to discard the safety pins appropriately – do not litter the grounds with safety pins.

COMPUTER CHIPS

- The computer chips will be distributed at the starting line. Each runner will have two chips assigned to him/her. One chip is to be worn on the left shoe, the other chip is to be worn on the right shoe. It is imperative that the chips assigned to each runner are actually worn by that runner. If you fail to get the chips on the correct runner, the results will not be correct. Each chip has a number on it. Be sure the numbers and the chips are worn by the person who is supposed to wear them.

RACE INSTRUCTIONS

- **Coaches: Class A coaches have a mandatory meeting at 9:15 a.m. Class AA coaches have a mandatory meeting at 11:00 a.m. - Meeting will be held near the softball diamonds.**
- All runners must report to their starting boxes 25 minutes before the start of their race. Chips will be distributed at the starting line.
- There are different starting boxes for each race. Box assignments were randomly drawn.
- Instruct your runners to simply run through the finish line and do not stop until they exit the finish area. The computer chips will automatically record their finish. No tags will be torn from the bib numbers.

FINISH LINE

Runners will simply run across a series of mats that are placed at the finish line. Runners must not stop once they cross the finish mats. They need to move out of the finish area and can then get a drink from the bottled water that will be made available to them. Please instruct all runners that the bottle should be disposed of in one of the garbage cans. Help us keep the park clean!!!!

RETURN OF COMPUTER CHIPS

Coaches: You must gather all of the chips assigned to competitors from your school and return them. Please collect all of the chips assigned to your school and then return them. Runners may not return the chips---they have to be returned by you the coach. **Failure to return all of the chips will result in a penalty of \$100 to your school.**

RESULTS

The top 25 individuals in each class will be posted prior to the awards ceremony on the trophy case near the gym entrance. (Please see included instructions.) Complete results will be posted after the Class AA awards ceremony and will be posted on the IESA web site (www.iesa.org) by 4:00 p.m. the day of the meet. You may download the results from the web site.

INJURIES

Certified athletic trainers from Great Plains Sports Medicine in Peoria are on hand to assist with any athletic training needs. They are located near the exit of the chute area. In addition, there will be an ambulance on hand at all times in case an emergency should arise.

ADDITIONAL NOTES

Please inform all parties from your school that the **entire chute area is off-limits.**

PROTESTS

The meet referee shall resolve any protests at the meet. His decision is final and cannot be appealed.