

2018 IESA STATE CROSS-COUNTRY MEET INFORMATION

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QUALIFYING TEAMS: Bib numbers will be included in your packet. The number of bib numbers will equal the number of runners you listed on your Sectional Entry Form. If you are going to run someone different in the state race than who ran at the sectional there is no need to report a change in runners - simply distribute the bibs to the seven team members actually running in the race. Do not hand out the other bibs!! The extra bibs should remain in the coaches packet and left at your team camp. Do not pass out the bibs to the runners who are not running in the state meet while still at the state site. You may give the bibs to the athletes who did not run when you return to your school. Each bib has a number and a name on it. Be sure the number is worn by the person to whom it has been assigned. If you fail to get the bibs on the correct runner, the results will not be correct.

QUALIFYING INDIVIDUALS: If you qualify as an individual, only the exact number of bibs for the individual(s) will be in the packet.

SCRATCHES

- If you have an individual (not part of a team) who qualifies and is scratching from the race, that must be reported to the head clerk.
- If you have qualified as a team and you have a scratch and you are not able to replace that runner, you must also report this to the head clerk.
- If you have qualified as a team and you need to change a runner with another member of the team, you simply distribute the assigned bib number to the individual who will now run in the race (as long as his/her name appears on the sectional entry form--you should have a bib number for that individual. If you do not, then there is a problem.)

BIB NUMBERS

- Bib numbers will have an attached computer chip. Be sure your runners **WEAR THE NUMBER ASSIGNED TO THEM!!!** The number shall be pinned to the **FRONT** of the uniform in the upper center part of the jersey. The number assigned to each runner is listed in two places---on a label on the front of the bib number and on the sheet enclosed.
- Pins – Please instruct your runners to discard the safety pins appropriately – do not litter the grounds with safety pins.
- Bib numbers are NOT returned after the race---runners may keep the number as a souvenir.

RACE INSTRUCTIONS

- **Coaches: Each class of coaches must attend a mandatory pre-race meeting. Meetings will be held near the softball diamonds. Refer to the below schedule for your meeting time.**
- All runners must report to their starting boxes in a timely manner. There are different starting boxes for each race. Box assignments were randomly drawn.

TIME SCHEDULE

RACE	Coaches Meeting	REPORT TO BOX	FINAL INSTRUCTIONS	START
Girls Class 1A	8:45 a.m.	no later than 9:15	9:27	9:30
Boys Class 1A	8:45 a.m.	no later than 10:00	10:12	10:15
Girls Class 2A	10:20 a.m.	no later than 10:45	10:57	11:00
Boys Class 2A	10:20 a.m.	no later than 11:30	11:42	11:45
Girls Class 3A	11:50 a.m.	no later than 12:15	12:27	12:30
Boys Class 3A	11:50 a.m.	no later than 1:00	1:12	1:15

- 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.
- Each coach is responsible for making sure that uniform and undergarment rules are followed when their runners report to the Clerks of the Course at the starting line. Shirt tails must be tucked in and there can be no bare midriffs. The Clerks will ask that sweats be removed to check these items.

FINISH LINE

Runners will simply run across a series of mats that are placed at the finish line. Runners must run through all the finish mats. They need to move out of the finish area after they complete the race.

WATER

Water will **NOT** be provided after the race. Coaches, teammates, or parents may distribute water/drinks to the runners **AFTER** they have exited from the finish area.

OVER- MORE INFO ON REVERSE

RESULTS

The top 25 individuals in each class will be posted prior to the awards ceremony on the trophy case near the gym entrance in Parkside Jr. High School. (Please see included instructions.) The top 25 will also be available on the IESA website. Complete results will be posted on the IESA web site (www.iesa.org) by 5:00 p.m. the day of the meet. You may download the results from the web site.

INJURIES

Certified athletic trainers will be 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 inside the **chute area is off-limits**. Additionally, the area behind the fence at the back of the chute is not an ideal area to take photos. Meet officials and personnel will be constantly moving through that area. Please let your parents know that this area is not a good vantage point for finish photos.

PROTESTS

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