

# CROSS COUNTRY PREMEET INSTRUCTIONS

## 2014 IESA STATE MEET

- 1) **There are three mandatory head coaches meetings to be held near the softball diamonds. Class 1A coaches will meet at 8:45. Class 2A coaches will meet at 10:20, and Class 3A coaches will meet at 11:50.**
- 2) 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.
- 3) Each coach is responsible to make sure each runner reports **wearing the correct bib number, pinned in each corner on the front.** Since the finish will be recorded, **bib numbers must be placed as high on the uniform top as possible.**
- 4) **Computer tags are attached to the bibs.** Included in the coaches packet are 10 bib numbers (with chips already attached to the bib). **THERE IS NO NEED TO REPORT CHANGES IN RUNNERS - SIMPLY DISTRIBUTE BIBS ONLY 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. IF A BIB IS DISTRIBUTED TO A RUNNER WHO DOES NOT RUN IN THE STATE RACE, IT IS POSSIBLE THAT IT COULD CORRUPT THE FINAL RESULTS.** You may give the bibs to the athletes who did not run at the state meet when you return to your school. It is imperative that the bibs assigned to each runner are actually worn by that runner. If you fail to get the bibs on the correct runner, the results will not be correct. Each bib has a number on it. Be sure the number is worn by the person to whom it has been assigned.
- 5) All scratches must be reported to the Head Clerk. 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, that must be reported to the head clerk as well. 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 problem.)
- 6) It is very important that runners report in a timely manner, and that teams report as a complete group ready to be checked in by the Clerks of the Course. You should report no later than 15 minutes before race time, and check-in completed no later than 5 minutes before race time. After the runners are checked in and wearing bib numbers, they may do whatever is necessary to prepare for the race. No runner will be allowed to start a race unless they have been properly checked in and equipped according to the Clerks of the Course.
- 7) Approximately 3 minutes before race time, runners will be called to their starting boxes for final instructions. We will make every attempt to start the race exactly on time.

### TIME SCHEDULE

RACE	REPORT TO BOX	FINAL INSTRUCTIONS	START
<b>Girls Class 1A</b>	<b>no later than 9:15</b>	<b>9:27</b>	<b>9:30</b>
<b>Boys Class 1A</b>	<b>no later than 10:00</b>	<b>10:12</b>	<b>10:15</b>
<b>Girls Class 2A</b>	<b>no later than 10:45</b>	<b>10:57</b>	<b>11:00</b>
<b>Boys Class 2A</b>	<b>no later than 11:30</b>	<b>11:42</b>	<b>11:45</b>
<b>Girls Class 3A</b>	<b>no later than 12:15</b>	<b>12:27</b>	<b>12:30</b>
<b>Boys Class 3A</b>	<b>no later than 1:00</b>	<b>1:12</b>	<b>1:15</b>

- 8) **Runners need to run completely across the entire finish mat to be sure the computer tags are read.**
- 9) **Scoring the State Cross Country Finals:** The top 25 individual results will be posted on the trophy cases inside Parkside JHS. Top 25 results will also be available on the IESA website. The team results will not be official until the race has been reviewed in its entirety. Team results are announced at the awards ceremony which is held at Normal West High School.

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