



2024 IESA STATE CROSS-COUNTRY MEET INFORMATION

Congratulations! Please review the information before participation in the meet.

Qualifying Teams

- Bib and hip numbers will be included in your packet. The number of bib/hip numbers will equal the number of runners listed on your Sectional Entry Form.
- You can run any of the runners on your Sectional Entry Form. If you are going to change personnel from the Sectional meet to the State meet, you do not 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 extra bibs!! 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. Please distribute extra bibs after leaving the meet site.
- 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 be incorrect.

Qualifying Individuals

- If you have a runner who has qualified as an individual, the exact number of bibs and hip numbers for your individual(s) will be in the packet.

Scratches

- If you have a qualifying individual (not part of a team) who is scratching from the race, the scratch must be reported during check-in.
- If you have to scratch a member of a qualifying team and you are not able to replace that runner, you must report this during check-in.
- If you have qualified as a team and you need to change a runner with another member of the team, 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. Only runners listed on the sectional entry form may run.

Bib Numbers

- Bib numbers will have an attached computer chip. Be sure your runners **WEAR THE NUMBER ASSIGNED TO THEM!!!!** The number should be pinned to the **FRONT** of the uniform in the upper center area 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 with the bibs.
- 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.

Hip Numbers

- Hip numbers will be included in your packet and will be assigned to each runner. Please distribute hip numbers to your runners and make sure they are wearing them when they step into the starting box.
- Hip numbers should be placed securely on the athlete's RIGHT hip. Please assure your athletes that their finish will not be affected if their hip number should fall off.

OVER- MORE INFO ON REVERSE

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.**

TIME SCHEDULE

RACE	Coaches Meeting	REPORT TO BOX	FINAL INSTRUCTIONS	START
Girls Class 1A	8:30 a.m.	no later than 9:00	9:12	9:15
Boys Class 1A	8:30 a.m.	no later than 9:45	9:57	10:00
Girls Class 2A	10:05 a.m.	no later than 10:30	10:42	10:45
Boys Class 2A	10:05 a.m.	no later than 11:15	11:27	11:30
Girls Class 3A	11:35 a.m.	no later than 12:00	12:12	12:15
Boys Class 3A	11:35 a.m.	no later than 12:45	12:57	1:00
Girls Class 4A	1:05 p.m.	no later than 1:30	1:42	1:45
Boys Class 4A	1:05 p.m.	no later than 2:15	2:27	2:30

- 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.
- Instruct your runners to 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 each member of the team is properly uniformed when they report to the Clerks of the Course at the starting line. There can be no bare midribs. The Clerks will ask that sweats be removed to check uniform items.
- The meet referee will resolve any and all protests at the meet. The decision of the referee is final and cannot be appealed.

Finish Line

- Runners will run cross 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.
- Please instruct your athletes not to stop or lay down in the finish chute!**
- 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.**

Results

- The top 25 individuals in each class will be posted prior to the awards ceremony near the packet pick-up outside of 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 website (www.iesa.org) by 5:00 p.m. the day of the meet. You may download the results from the website.

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 line photos.