

IESA CROSS COUNTRY

Initial Activity Mailing



IF ANY INFORMATION IS MISSING, PLEASE CONTACT US.



THE FOLLOWING INFORMATION SHOULD BE INCLUDED WITHIN THIS PACKET:

- Activity Update
- NFHS Rulebook
- Terms and Conditions
- Heat Illness Resources

ADDITIONAL INFORMATION AVAILABLE ONLINE:

- Sectional Assignments
- Sectional Host Instructions
- Essential Documents
- State Meet Information

CONTACT US



iesa.org
em: iesa@iesa.org



1015 Maple Hill Rd.
Bloomington, IL 61705



309-829-0114

INSTRUCTIONS FOR REGULAR SEASON SCHEDULE ENTRY

The Cross Country Terms & Conditions require each school to participate in at least three interscholastic contests prior to the sectional seeding meeting. As a reminder, all cross-country member schools must enter their scheduled meets online in the IESA cross-country entry center by **SEPT. 4**.

TO ENTER SCHEDULED CROSS COUNTRY MEETS

- A. Go to the IESA homepage at www.iesa.org
- B. Click on the red "Member Center Login" located at the top of the page.
- C. Select your school name and enter the AD password. Click on the Entry Center Logins link located under your school name. Access the Cross Country Entry Center.
- D. You will then need to verify coach information for the current year. Click to continue after completion.
Note: Coach information is very important as the IESA emails coaches with important information for the season.

Team Information			
Girls Coach	<input type="text" value="Jean Smith"/>		
Girls Coach Email	<input type="text" value="jsmith@myschool.com"/>		
Coach Cell	<input type="text" value="877"/>	<input type="text" value="777"/>	<input type="text" value="8777"/>

- E. Click on "Update Regular Season Schedule".

Cross-Country Entry Center Menu


Class 1A - Sectional A - [Assignments](#)

Schools must complete 3 contests prior to roster deadline to participate in sectionals.

	Coach	Activity Probation	Entry Form	Co-op
Girls	George Shepherd	OK	Noon	NO
Boys	George Shepherd	OK	Noon	NO

[Girls Entry Form](#) | [Boys Entry Form](#) - [View Roster](#)
OPEN

[Update Regular Season Schedule](#)
OPEN



- F. To add a meet, enter a meet location and date, then click "Add This Meet".

Add a Meet

Location	Meet Date	
To add a regular season meet, enter a meet location and date, then click 'Add This Meet'		
<input type="text"/>	<input type="text"/>	Add This Meet

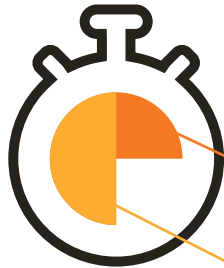
- G. Your schedule will display as you add each scheduled meet. If you make an error, click "Delete This Meet" and re-enter the correct information.

Your Meets		
Bloomington King	Monday, April 18, 2016	Delete This Meet

BEAT THE HEAT

Summer's high temperatures put student athletes at increased risk of heat illness. There are several types of heat illness. They range in severity, from heat cramps and heat exhaustion, which are common but not severe, to heat stroke, which can be deadly. Although heat illnesses can be fatal, death is preventable if they're quickly recognized and properly treated.

DEHYDRATION AND HEAT ILLNESSES



As a rule-of-thumb, most athletes should consume 200 to 300 milliliters of fluid every

15 MINUTES
OF EXERCISE.

It takes only **30 MINUTES** for cell damage to occur with a core body temperature of 105 degrees.



Currently, 13 states have heat-acclimatization policies for secondary school athletics with New Jersey being the first.



Exertional heat stroke is one of the top three killers of athletes and soldiers in training.

- From 2010-15, 20 athletic heat stroke fatalities were reported.
- It takes seven to 14 days for a body to adapt to exercising in the heat.
- Dehydration at levels of 3 to 4 percent body mass loss can reduce muscle strength by an estimated 2 percent.

SAFETY TIPS



Have sports drinks on hand for workout sessions lasting longer than an hour.

Keep beverages cold – cold beverages are consumed 50 percent more than warm beverages.

Hydrate before, during and after activity.

Remove unnecessary equipment, such as helmets and padding, when environmental conditions become extreme.



Clothing worn by athletes should be light colored, lightweight and protect against the sun.

- For the first week or so, hold shorter practices with lighter equipment so players can acclimate to the heat.
- Follow a work-to-rest ratio, such as 10-minute breaks after 40 minutes of exercise.
- Get an accurate measurement of heat stress using a wet-bulb globe temperature, which accounts for ambient temperature, relative humidity and radiation from the sun.
- If someone is suffering from exertional heat stroke, remember to cool first and transport second.
- Have large cold tubs ready before all practices and games in case cold water immersion is needed to treat exertional heat stroke.

SIGNS OF MINOR HEAT ILLNESS



Dizziness

Cramps, muscular tightening and spasms



Lightheadedness, when not associated with other symptoms

EARLY WARNING SIGNS OF EXERTIONAL HEAT STROKE

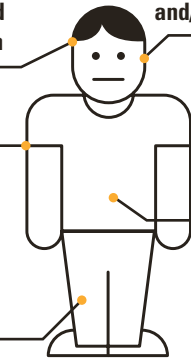
Headache, dizziness, confusion and disorientation

Excessive sweating and/or flushing

Fatigue

Nausea and/or vomiting

Chills and/or goose bumps



SIGNS OF EXERTIONAL HEAT STROKE



Core body temperature of more than 105 degrees



Signs of nervous system dysfunction, such as confusion, aggression and loss of consciousness



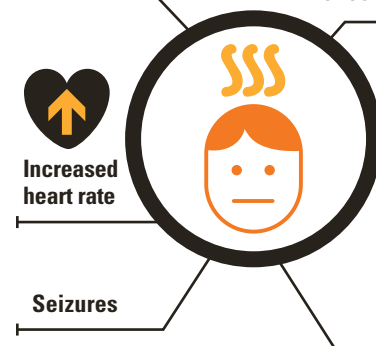
Increased heart rate

Rapid breathing

Seizures



Low blood pressure



Sources: Korey Stringer Institute, American Medical Society for Sports Medicine, NATA



IESA Cross Country Activity Update

2024

- **REMINDER:** Schools must submit their regular season schedule online by Sept. 4. To do so, schools must log in to the Cross Country Entry Center. You will need the AD password provided to your school.
 - The finish line for all races, regular season, and state series (sectional, state) shall be at the mouth of the chute entrance.
 - Make sure that you check the post-season dates.
 - Only those students who are attending your school may practice with your team and represent your school in competition. There are a limited number of exceptions. If you have any questions, please contact the IESA Office.
 - Only students in grades 5-8 are eligible to participate with and for your school. At no time may a student in 4th grade (or a lower grade) practice with or participate in any race in which 7th and 8th grade students are participating.
- Watches and jewelry may be worn in competition.
 - **REMINDER: There will be four classes of cross country with 8 sectionals in each class.**
 - For all state series meets, only coaches and competitors are allowed in the starting boxes. Coaches must leave the boxes when directed to do so by meet personnel.
 - Starting boxes at the Sectional meet will be randomly assigned by the host prior to the meet.
 - **REMINDER: Please note the state meet race schedule is no longer on a rotation schedule.** The order of races will be 1A, 2A, 3A, and then 4A.
- ADVANCEMENT TO STATE TEAM:**
The first, second, and third-place teams will advance to state-level competition.
- ADVANCEMENT TO STATE INDIVIDUAL:** In all classes, the top seven (7) individuals not on the first,

second, or third place teams shall advance to state-level competition.

Additional individual runners may advance to the state final if more than ten individual runners place in the top ten than runners from advancing teams.

NEW: Hip numbers will be worn by all athletes at the State Meet.



Uniforms

Please make sure that you review the uniform rules and allowances prior to participation in meets.

Spectator Etiquette

Cross Country is not the typical spectator sport because you cannot see the entire race from one location. To ensure that every runner is given an equal opportunity to complete cross country courses safely while giving parents and spectators ample opportunity to view the participants, please pass along these simple guidelines for parents and spectators to follow during meets.

COURSE: Spectators are welcome to view runners on the course; however, please keep in mind that the course is set up for the runners. Be aware of caution tape, flagging, traffic cones, and painted lines, which outline the course boundaries.

- During races, spectators should stay outside of the course boundaries and never cross over the course while a race is in progress. Crossing in front of runners no matter what place they are in is both

hazardous and disrespectful. Wait until the ENTIRE FIELD has passed before you cross over a course boundary.

- Once your runner's race is over, please do not use the course to exit the competition area until the race is completely finished.
- Use caution when walking around course boundary markers so as not to alter their placement or direction. This could affect the direction a runner takes on the course.
- Remember the course is our "Field of Play". Think twice about placing yourself in it. You would not randomly cross a football field in the middle of a game or walk across the free throw line to get to the other side of the court while a game is in progress – the same applies to a course in cross country

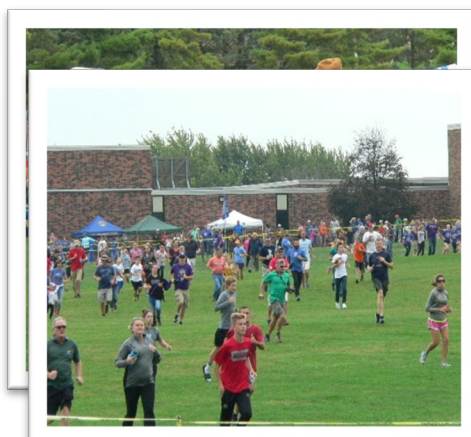
ASSISTANCE: Pacing or running alongside of an athlete during a race is not allowed. *NFHS rules forbid running alongside a competitor during competition - even to encourage.* This will result in the disqualification of the athlete. This applies to parents, spectators, teammates, and COACHES. *Additionally, do not hand any runner any food or water during the race (as you would see during*

marathons). Again, this will result in the disqualification of the athlete. If an athlete needs special assistance due to a disability, please make sure race officials are made aware of this by the coach prior to the start of the meet.

STARTING LINE: To ensure a safe and equitable start for participants, parents and spectators should not gather in front of the starting line or in the starting box area for any reason. Meet officials have duties that must be completed and instructions to communicate prior to the meet and need a clear area to do so.

FINISH LINE: At the finish of a race, the runners will file through a chute or corral area. Please wait until the runners have exited the finish area before greeting them. Do not enter the finish area or remove athletes from the chute/corral area. Your runner may need to provide information to finish personnel so individual and team scores can be tabulated.

Please help us provide a safe environment for all the competitors!





Hosts Needed

If you are interested in hosting a sectional meet, please submit your interest online.



Cross Country Advisory

We are always looking for coaches who would be interested in serving on the IESA Cross Country Advisory Committee. The Committee meets once a year to evaluate the activity rules and state series. Members serve a 4 year term. Contact the IESA Office if you are interested in serving on the Committee.

2024 CROSS COUNTRY

45/44

Number of years the IESA has offered a state series

2

Number of years of a 4 Class State Series

FOR MORE INFORMATION

Illinois Elementary School Association
 1015 Maple Hill Rd., Bloomington, IL 61705
 Phone: 309-829-0114
 www.iesa.org



Practice May Begin: 8/5
 Meets may Begin: 8/17
 Online Season Schedule: 9/4
 Online Roster Deadline: NOON 10/9
 Sectional: 10/11 or 10/12
 State Meet: 10/19
 Season Must End: 11/2

General State Series Reminders

Sectional & State Meet Awards

SECTIONAL: A medal will be given to those runners finishing 1-10 in each sectional race.

The top three teams at the sectional meet will receive a plaque. No additional awards will be given to teams.

STATE: The top 25 individual runners in each class at the state meet will receive a medal.

The top four teams in each class at the state meet will receive a trophy and team medals.

Sectional Meet Reminders

Once the results of the sectional meet have been confirmed by the starters and BEFORE the awards ceremony, the sectional host must conduct a meeting of all coaches and share the results of the sectional meet. Coaches should check the results for accuracy and any discrepancies must be brought to the attention of the sectional meet manager at that time.

Corrections should then be made if needed, and then the awards ceremony may be held.

- Sectional results must be posted at the meet site after the sectional awards ceremony.
- **NEW:** At all sectional meets, bibs are required. Bibs must be positioned high on the front of the chest. Bibs should be white with dark numerals.
- **REMINDER:** A minimum of 45 minutes will be scheduled between race start times at the sectional meet. This may be adjusted the day of the meet by the meet officials for weather situations.

Chip Scoring

We will once again use a computer chip scoring system at the state final meets. Bibs will be included in the coach packet at the state meet.

- Advancing teams will be issued 10 bib numbers. Please only distribute bibs to the seven runners who will be running in the state meet that day. The remaining bibs should be kept with the coach and away from the finish area.
- Runners should wear the bibs high on their chest and make sure they are securely fastened.

State Meet Time Schedule

Time schedules for the State Final Meets. PLEASE NOTE TIME CHANGE!!

2024 Race Schedule

Class 1A Girls - 9:15 a.m.
 Class 1A Boys - 10:00 a.m.
 Class 2A Girls - 10:45 a.m.
 Class 2A Boys - 11:30 a.m.
 Class 3A Girls - 12:15 p.m.
 Class 3A Boys - 1:00 p.m.
 Class 4A Girls - 1:45 p.m.
 Class 4A Boys - 2:30 p.m.

Awards Schedule

Class 1A Awards Ceremony - 11:30 a.m.
 Class 2A Awards Ceremony - 1:00 p.m.
 Class 3A Awards Ceremony - 2:30 p.m.
 Class 4A Awards Ceremony - 4:00 p.m.

2025 Race Schedule

9:15 - Class 1A
 10:45 - Class 2A
 12:15 - Class 3A
 1:45 - Class 4A



IESA CROSS COUNTRY

GENERAL REMINDERS

2024

ELIGIBLE ATHLETES

Only those students who are attending your school may practice with your team and represent your school in competition.

Only students in grades 5-8 are eligible to participate with and for your school. At no time may a student who is in 4th grade (or a lower grade) practice with or participate in any race in which 7th and 8th grade students are participating.

ASSIGNMENTS

Sectional assignments will be posted on the IESA website on or around August 12. When you view the sectional assignments, you will notice there are several sectional sites yet to be determined. If you are interested in hosting one of these meets, please forward your interest to the office via email. Sectional hosts will be accepted until September 16. IESA will be in email contact with the sectionals that do not have a host determined to assist with the securing of a sectional host.

CALENDAR SHIFT

The IESA uses a standardized calendar to schedule dates and seasons. The standardized calendar starts with Week I being assigned to the first full week in July. In 2024, the first full week of July begins with Sunday, July 7th. This shift in dates will alter the dates of seasons and state series more than the usual 1 or 2 days. Please make sure that you keep this in mind and check the season dates for all activities before beginning practice.

HEAT AWARENESS

Please take all necessary precautions with regard to participant safety and heat acclimatization. Be sure there is plenty of water available to runners and officials during meets and practices. See information included in your initial cross country mailing.



IESA Cross Country Sectional Entry Form Instructions

All Sectional entry forms must be completed online by accessing the IESA Member Center from the IESA website (www.iesa.org). **THIS FORM MUST BE COMPLETED BY 12 NOON ON THE WEDNESDAY PRECEDING THE SECTIONAL (OCTOBER 9). FAILURE TO SUBMIT THE FORM AS REQUIRED WILL RESULT IN YOUR TEAM BEING DISQUALIFIED.**

- Instructions are found below.
- Complete all portions of the form.
- Information will be used to check team's compliance with by-laws at sectional and state meets.
- Information on this form is used for the state program. Be sure names are spelled correctly and correct year in school is listed.

1. ACCESSING THE FORM

- Go to the IESA Website, www.iesa.org, and click on the red Member Center Login button on the left hand side of the web page.
- Choose your school and enter your school's password.

Log in by choosing your school and entering your IESA School Password to begin.

The screenshot shows the login interface for administrators, coaches, and directors. It includes a dropdown menu for 'Your School' with the placeholder text 'Choose City/School', a text input field for 'Password', and a 'Click here to log in' button. A red box with an arrow points to the password field with the text 'Enter your school's Password here'. Another red box with an arrow points to the login button with the text 'Click Here'. Below the login button is a blue link that says 'HELP! I've don't know the password!'.

2. ENTERING YOUR SECTIONAL ROSTER INFORMATION

- You have now accessed your school page. Click the "Entry Center Logins" link.
- Click on the Entry Center of the activity that you wish to complete.

The screenshot shows the navigation bar of the IESA website. It includes a 'Menu' button, a 'Bloo' button, a 'Click Here' button with an arrow pointing to the 'Activity' button, and a 'Log Out' button. Below the navigation bar are several buttons: 'Activity', 'Entry Centers', 'Your School', 'Resources', 'Email Center', and 'Officials Search'. At the bottom of the page, there are three buttons: 'REGISTER FOR TEXT ALERTS', 'Your user session will expire @ 9:43:31 AM', and 'CONCUSSION CERTIFICATION'.

Entry Centers & Host Administration		
Activity	Entry Center Links	Password
Concussion	Concussion Testing	XXXXXX
Athletic Director		XXXXXX
Cross-Country	Entries	XXXXXX

Click Here

Click on the "GIRLS ENTRY FORM" OR "BOYS ENTRY FORM" link.

Cross-Country Entry Center Menu				
Class 1A - Sectional B - Assignments				
Schools must complete 3 contests prior to roster deadline to participate in sectionals.				
	Coach	Activity Probation	Entry Form	Co-op
Girls	Debbie Jones	OK	OK	NO
Boys	John Brown	OK	OK	NO
Girls Entry Form Boys Entry Form - View Roster				OPEN
Open thru 10/9/2019 12:00 noon				

Click Here

- C. You are now ready to begin entering your sectional roster information. Please note there is a separate link for the girls and boys entry forms.
- D. Please complete all items for all the runners on your cross country teams. You will be asked to provide the following information: first and last name and grade level.

Class 2A Cross-Country Entry Center

[Entry Menu](#) - [Sectional Entry Form](#)

Bloomington King Sectional E Entry Form

This form must be completed by 12 noon on the Wednesday preceding your sectional. List from one to ten individuals for your sectional meet. Any seven of the ten may run in the sectional meet and in the state meet if your team qualifies. A minimum of five must compete to be eligible for team awards. If one to four Qualifiers are listed, they will be entered as individuals. No changes to this form may be made after 12 noon on the Wednesday preceding your sectional. The sectional host shall not permit your school to participate unless this form has been completed.

[Additional Entry Form Instructions](#)

[View Your Roster as Webpage](#)

UPDATE ENTRIES

Birth dates must be on or after xx/xx/xxxx. A copy of Birth Certification is on file for each contestant listed on this form. Age of each contestant is in accordance with present IESA regulations for this activity.

Girls Athletes

Update as often as needed - we always have access to the data shown here.

	First Name	LAST NAME	Gender	Grade
1	<input type="text" value="Susan"/>	<input type="text" value="Smith"/>	Girls	<input type="text" value="7"/> ▾

- E. As you scroll down the page you will see a section for Team Information. Please update the entire section with your team's personnel. Please make sure that you include cell phone information in this area. It is important that your host have a number they can reach you **outside of school hours**.

Team Information	
Girls Coach	<input type="text" value="Debbie Jones"/>
Girls Coach Email	<input type="text" value="DJones@gmail.com"/>

- F. As you scroll down to the bottom of the page there will be a section on School Information, such as mascot and school colors. This information will automatically fill in from the member school database. If this information is incorrect, please contact your school or the IESA to change.

School Information			
If any of the school information below is incorrect, please notify your principal or the IESA office to make corrections.			
Principal	Mrs. Judith	Conference	Mid-Suburban
Superintendent	Dr. Nick Stein	Nickname	Bulldogs
		Colors	Blue & Gold

- G. After you have filled in your information, **fill in the required fields (see below) before you click the “Update Entries” button.**

3. REQUIRED FIELDS

- A. There are two portions of the form that must be completed in order for your information to be accepted: The Coaching Education check box, and the submitter's email.
- B. The system will not allow you to continue until this information has been entered.
- C. After you have filled in your information, make sure that you **click on the “Update Entries” button** located at the top or bottom of this form. By doing this, you will have “saved” your information in our database. You must do this for your information to be retained in our records.

<input checked="" type="checkbox"/>	Check Here ←	ify that all Head and Assistant Coaches associated with this team are in compliance with the IESA 110: athletic coaches shall be regularly certified to teach in a school in Illinois or have completed an approved coaching education course.
Your Email		[REDACTED]
A copy of Birth Certification is on file for each contestant listed on this form. Age of each contestant is in accordance with present IESA regulations for this activity.		
Click Here to Complete →		UPDATE ENTRIES

Once you have completed the girls entry form, you must go through the same process for the boys. If you do not participate for both girls and boys, only the activity for which you are registered will appear.

4. ACCESS TO YOUR SECTIONAL ROSTER

- A. You will be able to access your roster and make changes up until 12 noon on the Wednesday preceding your sectional meet.
- B. If you do make changes to your sectional information, please make sure that you click on the “Update Entries” button prior to logging off the system.
- C. Your sectional host will have access to your sectional roster information. It is recommended that you carry a copy of your most recent sectional information with you to the sectional and state meets.
- D. Since this information is available on-line, you are not required to send your sectional entry information to the IESA Office or your sectional host.

5. PRINTING YOUR SECTIONAL ROSTER

- A. Print your sectional entry form and keep it with you throughout the sectional and state meets.
- B. To view your roster: go to the member center, log in and click on the specific Activity Entry Center you wish to view. Then click on "View your Roster as a Webpage" link located near the top of the form. If you are already logged in to your school page, you need only access the link.
- C. To print your roster: Once you have selected the View your Roster page, go to the tool bar and select File. Scroll down and select Print.

Class 2A Cross-Country Entry Center

[Entry Menu](#) - [Sectional Entry Form](#)

Bloomington King Sectional E Entry Form

This form must be completed by 12 noon on the Wednesday preceding your sectional. List from one to ten individuals for your sectional meet. Any seven of the ten may run in the sectional meet and in the state meet if your team qualifies. A minimum of five must compete to be eligible for team awards. If one to four Qualifiers are listed, they will be entered as individuals. No changes to this form may be made after 12 noon on the Wednesday preceding your sectional. The sectional host shall not permit your school to participate unless this form has been completed.

[Additional Entry Form Instructions](#)

[View Your Roster as Webpage](#)

← Click Here

UPDATE ENTRIES

If you have any questions, please contact the IESA office (309) 829-0114.