



# 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

