

2017 COACHES' MEETING
10:45 AM at Administrative Tent
PLEASE BE PROMPT!

There will be eight separate races. Teams will be split into an "A" and a "B" division. **The top seven runners must compete in the "A" race in both girls and boys' races. If you have fewer than seven runners they must run in the "A" race. These are the only runners that can qualify for states. If you have more than seven runners, they are to be entered into the "B" race. There will be no medals awarded in this race. There will be one combined "B" race; following all state qualifying races. All competitors will run in their assigned race according to classification and gender. Please note the new schedule below for this year.**

NOTE: In the "B" race, boys and girls will line up at the starting line at the same time. Boys will be in the front, girls in the rear. The boys will start first, and then the girls will move up to the starting line and start 1-2 minutes later. Times will be separated into boys and girls and posted.

NOTE: EACH RUNNER HAS BEEN ASSIGNED ONE CHIP AND A BIB. PLEASE BE CERTAIN THAT YOUR RUNNERS WEAR THEIR ASSIGNED CHIP AND BIB. THE CHIP MAY BE ATTACHED TO EITHER SHOE. ALSO, COACHES ARE AGAIN REMINDED THEY ARE RESPONSIBLE FOR EACH RUNNER'S BEHAVIOR DURING THE DAY. THIS YEAR WE ARE NOT USING DISPOSABLE CHIPS. PLEASE COLLECT ALL CHIPS AT THE END OF THE DAY AND RETURN THEM, ALONG WITH ANY UNUSED ONES, TO THE AREA NEAR THE FINISH LINE.

Thank you.

Reminder: We are utilizing the services of the Wil-Mot Event Management to provide both their Chip Timing System and the FinishLynx photo system as a backup to the Chips. If necessary, officials will view the photos to verify the Chips.

We will not provide printouts of the results of these races at the end of the day. They will be posted on the District 2 web site <http://www.piaad2.org> and will also be available at www.wil-time.com

PIAA RULES AND REGULATIONS APPLY. A determination about hats, gloves, etc. will be given at the end of this meeting. Also, there is no football playing, soccer playing, Frisbee, etc., as these are against the PIAA rules and regulations; also, they are a safety hazard. You were each given a copy of the uniform rule for Cross Country, which addresses all National Federation and PIAA rules.

Also, coaches, please make sure that no one here to support your team brought their pet with them. If so, they will have to take the pet home. **THIS IS A PIAA POLICY.**

The **tentative time schedule** is as follows

<u>DIVISION</u>	<u>TIME</u>	<u>DISTANCE</u>	<u>MEDALS</u>
Girls' Varsity A (A Division)	11:20 AM	5 km (3.1 mi.)	15
Boys' Varsity A (A Division)	12:00 PM	5 km (3.1 mi.)	15
Girls' Varsity AA (A Division)	12:40 PM	5 km (3.1 mi.)	20
Boys' Varsity AA (A Division)	1:20 PM	5 km (3.1 mi.)	20
Girls' Varsity AAA (A Division)	2:00 PM	5 km (3.1 mi.)	10
Boys' Varsity AAA (A Division)	2:40 PM	5 km (3.1 mi.)	10
Boys' and Girls' "B" Division Race	3:20 PM		NONE

AWARDS CEREMONIES:

A Division Awards Ceremony: 12:50 PM
AA Division Awards Ceremony: 2:10 PM
AAA Division Awards Ceremony: 4:00 PM

PLEASE NOTE; Both the Boys' and Girls' AAA races will be regional races.

Please listen for announcements concerning the start of all races.

Thank you,

Dave and Jack

COMPETITORS' UNIFORMS:

Runners must wear the proper school issued uniform in accordance with NFHS Cross Country Rules. All teams will be clerked at the starting line for proper compliance with those rules by a PIAA-Registered Track and Field/Cross Country Official. ***All decisions of race officials are final and are not subject to appeal.***

In addition, an exception for religious or medical medals will be made.. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible. Hats,or head coverings (except for medical or religious reasons), sunglasses (except prescription), and men's boxer shorts shall not be worn. Elastic bands or tape, "gummie bands" and single color, unadorned "scrungies" may be worn to assist in holding hair in place while competing.

PENALTY: For an illegal uniform the competitor is disqualified from the event.