

NCWAA 1A DISTRICT CROSS COUNTRY STANDARD OPERATION PROCEDURES

TOURNAMENT GENERAL INFORMATION:

- DATE: The Thursday prior to the State Championships
- SITE ROTATION: 2009: Walla Walla Point Park, Wenatchee
2010: Walla Walla Point Park, Wenatchee
- NUMBER OF TEAMS: All NCWAA District 6 1A schools that offer cross country
- ADMISSIONS: Admissions should be charged to the spectators of the District Championships whenever possible. If charged, the admission prices shall be adults **\$6.00** and Students/Seniors **\$4.00**.
- FORMAT: **1:00** Girls Varsity
1:40 Boys Varsity
2:15 Girls/Boys JV (combined for athletes that have less than 10 meets)
- ENTRIES: Registered on Athletic.Net by 3:30 p.m. of the Monday prior to the District meet. The entry form shall contain the names of the seven identified varsity competitors for each team plus any other runners for the JV event. Any changes to the initial entries may be made up to one hour prior to the start of a specific race. Any exceptions to this requirement may be made by the Games Committee on a case-by-case basis.
- AWARDS: Awards given by District 6 shall be:
- Individual Awards: A Medal will be given to the boys and girls Champions.
Ribbons to all other qualifiers
- Team Awards: 1st Place Trophy for Boys and Girls.
- Awards shall be presented following the conclusion of the competition in a timely manner and dignified manner.
- PACKET PICK-UP: A packet for each team shall be made available by at least 1 hour prior to the meet. The packet shall include:
- (a) Two course maps.
 - (b) Lane assignments for each race.
 - (c) Numbers and pins for competitors and alternates.
 - (d) State Cross Country Championships information.

- (e) Time schedule for the meet, including the presenting of awards.

TOURNAMENT RULES:

- GAMES COMMITTEE:** The Games Committee shall consist of the site manager and two participating coaches not involved in the dispute in question. Its duties shall be those identified by the National Federation and WIAA and any other duties deemed appropriate by the Meet Director. Decisions of the Games committee are final.
- MEET OFFICIALS:** A sufficient number of meet officials shall be utilized for the smooth hosting and operation of the District Meet. In addition to specific duties and responsibilities assigned by the Site Manager, the meet officials shall also provide assistance and direction to the participants and spectators and shall keep spectators clear of the immediate course.
- UNIFORMS:** Uniforms shall be in full compliance with all applicable National Federation and WIAA rules and regulations.
- VIDEO CAMERA:** A video camera is recommended to be used at the finish line to verify a correct order of finish for every race and to alleviate any discrepancies that may occur.
- COMPETITOR** All participating competitors must wear numbers on the front of the uniform, above the waist. The bottom section of each number shall be removed at the finish chute for tabulation purposes.
- COACHES MEETING:** A coaches meeting shall be held one (1) hour prior to the start of the first race. The Site Manager shall conduct the meeting. Its purpose is to review and clarify any items of concern. Procedural questions should be discussed and substitutions should be made at this time. Concerns/issues that are to be discussed at the coaches meeting should be submitted in writing to the Site Manager prior to the start of the coaches meeting,
- MEET BEHAVIOR:** Participants shall refrain from any behavior which detracts from the enjoyment of the District Meet.
- COURSE REVIEW:** **The course shall be made available to teams for review & practice 1 hour prior to the meet. The course shall be completely set up prior to the access time, with all markings clearly visible and in place. The course will be unavailable for warm-up use once the first competition begins.**
- COURSE:** The course shall be 3.0 miles or 5 kilometers (3.1 miles in length.)
- LANE ASSIGNMENTS:** Lane assignments will be determined by a random draw for the girls races and for the boys races. Each race will have a specific

draw for that event. The set of lane assignments utilized for the girls race may be different than for the boys race. The random selection of lane assignments provides the greatest parity for a given school, and follows the State Championship protocol.

The Site Manager shall draw the lane assignments prior to the Meet.

Each starting lane will be a minimum of four (4) feet in width.

A fair start shall be provided for all participants. Every effort shall be made to provide the longest possible distance from the starting line to the first turn on the course.