

2015 Section 3AA Cross Country Championship and State Qualifying Meet

Minnesota State High School League

Day & Date: Thursday, October 29, 2015 (Weather alternate - Friday, October 30, 2015)

Schedule: 1:30 p.m. Course open

2:15 p.m. Coaches meeting (Finish Corral)

Coaches must turn in the filled-out, signed uniform verification form at this meeting to receive their teams' packet with numbers and chips.

3:30 p.m. Girls Race (5000 m)

4:15 p.m. Boys Race (5000 m)

5:00 p.m. Awards

Location: Valleywood Golf Course

4851 McAndrews Road

Apple Valley, MN 55124

<http://www.ci.apple-valley.mn.us/index.aspx?nid=234>

Meet Greg Utecht, Meet Director

Management: Scott Larson, Section 3AA Executive Secretary

Starting Area:	Box	–	Team	Box	–	Team
(Girls & Boys)	1	–	South Saint Paul	9	–	Rosemount
	2	–	Park	10	–	Eagan
	3	–	Prior Lake	11	–	Bloomington Jefferson
	4	–	Bloomington Kennedy	12	–	Richfield
	5	–	East Ridge	13	–	Simley
	6	–	Academy of Holy Angels	14	–	Burnsville
	7	–	Visitation/Saint Thomas Academy	15	–	Eastview
	8	–	Henry Sibley	16	–	Apple Valley

Entrants: Each boys and girls team may enter up to 9 racers. 7 shall report to the clerk of course the day of the meet and run in the race. Runners will personally check in by number and name to their clerk 20 minutes before race time. Be sure your entrants are listed on your roster at mshsl.org. The information below in italic was provided by the state high school league:

Substitutions for Team/individual Sports with Combined Championships.

After an official squad for a section tournament in cross country running has been certified to the governing committee substitutions for that tournament and for the state tournament are not permitted except under the following conditions:

a) That a physician indicates that a student listed on the certified roster must not participate. This student may return to the tournament squad upon certification, in writing, by the physician to the governing committee. When such a runner is returned to the tournament squad, the runner replaces the substitute.

b) That the governing committee determines that a justifiable emergency indicates a need for the withdrawal of a certified runner. A justifiable emergency does not include the removal of a student from competition once the determination of ineligibility of the athlete by the school.

For this meet, the governing committee is the group listed under meet management above. The certification of the roster occurs at the deadline for roster entry as stated below.

Entries are due by 8:00 p.m. on Monday, October 26, 2015 at <http://www.raceberryjam.com>.

If you haven't used that system before, go to that page, look for section meet in the schedule, and click where it says "Click here" to access the roster entry page. You will need a password to do your entries. If you don't have one yet, or have forgotten it, click on the same link either to enter your data (names, school, email) or to enter your email address and receive a reminder. Do this well before the entry deadline, if needed.

Scoring: Electronic chip timing, placing, and scoring will be provided by RaceberryJaM. Camera backup will be provided and will be the final determiner in cases where chips may be too close to determine places.

Awards: There are team plaques to the champion and 2nd place for both boys and girls. Runners on those teams receive individual team medals. The top 8 individual runners not on one of the top two teams receive individual state qualifier medals. These teams and individuals advance to the state meet on Saturday, November 1, 2014. No substitutions are allowed for individual qualifiers. Teams may run any 7 of the 9 entrants they had for the section meet.

Jury of Appeals: The Jury of Appeals will be the head coaches of Academy of Holy Angels, Bloomington Jefferson, Eagan, and Visitation along with Greg Utecht – Meet Manager. Meet Starter Dan Dornfeld will be the referee. Coaches will not rule on appeals involving their own team(s). Each team packet has an appeals form included with explanation.

Trainer: A certified trainer from the Institute for Athletic Medicine will be on-site on race day beginning at 1:30 p.m. There will be a second trainer on-site during the races and immediately after.

Uniforms: Refer to your copy of the 2015 rules as well as interpretations published by MSHSL for relevant information. The MSHSL has ruled that meet management shall have authority regarding any rule modification on uniforms due to harsh weather conditions. The Games Committee may rule on headwear prior to the coaches meeting, if it wishes.

Electronic Devices: MSHSL policies prohibit the use of electronic devices in competition areas. These refer to athletes, coaches, officials, spectators, and so on. The competition area is the entire site except for team campsites. Please be sure you and your athletes do not have cell phones, iPods, and so on anywhere near the race course, starting areas, finish areas, or competitors at all times (this includes warm-ups, etc.) Competition areas exist from the time clerking begins until the final runner enters the corral in each race. Between those times, no electronics!

Course Availability: The course will NOT be available to athletes or coaches prior to 1:30 p.m. on race day. Teams that arrive before that time on October 29th will need to remain on the bus until 1:30. No teams are to be at the course for practice, viewing, or otherwise prior to race day.

Pets and Toys: Valleywood does not allow the bringing of pets onto the course. Please have your athletes advise their parents and other fans to leave their pets at home. This is doubly important for the safety of the runners.

Course Cleanup: Teams are asked prior to awards to take some time to clean their campsite areas. We will provide in your packet a large garbage bag for you to use. This will help the course and be a nice gesture from the athletes for the city's hospitality.

Shirt Sales: Northwest Designs will again be on site selling various shirt models. The logo has been custom-designed for the meet. The logo is printed at the meet site on the selected shirt and the athlete can also have a portion of the meet-day roster printed on the back which includes the entrants from his/her team.

Supervisory Assistance: We have identified several areas of the golf course (primarily greens and tees) that need to be off-limits to athletes and fans. To help people know where these are, we ask each boys team and each girls team for help.....

Working with your AD, please recruit a parent, staff member, or other unpaid volunteer that will be present on race day. Your school will be assigned an area to keep clear (for example, the 2nd green or the 6th tee). The boys' team volunteer will cover the area during the girls' race and vice versa. We ask that the school personnel (coach or AD) help position the volunteers on race day.

<u>School</u>	<u>Assignment</u>
Academy of Holy Angels	#9 Tee
Apple Valley	#9 Green
Burnsville	#1 Tee
Eagan	#2 Tee
East Ridge	#2 Green
Eastview	#3 Tee
Henry Sibley	#3 Green
Jefferson	#4 Tee
Kennedy	#4 Green
Park	#5 Green
Prior Lake	#6 Tee
Richfield	#6 Green
Rosemount	#7 Tee
Saint Thomas Academy & Visitation	#7 Green
Simley	#8 Tee
South Saint Paul	#8 Green

This is a critical function necessary to using the great facility at Valleywood. We very much appreciate your help with this. A map of assigned areas is in the team envelope.

Fan Behavior Expectations: The high school league has specific information posted on its site about fan behavior. MSHSL Bylaw 409-2 specifically states that, "School officials shall be held responsible or the proper conduct of teams, team members, students and home spectators regardless of where the contest is being held."

At all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones.

Please remind your spectators that they are at the site for cross country. We ask that non-competing athletes and fans respect the runners preparation and refrain from tossing footballs, Frisbees, and so on. It distracts the runners and detracts from the meet. Our announcer will also ask for their cooperation in this on meet day.

Rules of The Minnesota State High School League Board of Directors has approved the following Conduct: rules of conduct and expects section managers to enforce them.

1. A runner shall be disqualified if a coach or other individual runs with or makes physical contact with her/him.
2. Coaches must be with the spectators or in a restricted area designated by a chalk line behind the runners at the start of the race.
3. Only personnel designated by the meet manager are permitted in the finish area.
4. No mechanical sounding devices may be used or time splits called by anyone other than official meet personnel.
5. **CELL PHONES are not allowed in the competition area.**