



# 2010 UHSAA State Cross Country Championships Team Information Packet

## ATTENTION: ENTRY INFORMATION:

Entries will be made by individual schools at [www.runnercard.com](http://www.runnercard.com) and **must be completed by Friday, October 15**. The registration password for access to enter the meet is:  
**championships**

**Immediately following your region meet** and no later than FRIDAY, OCTOBER 15, the Region Chair must submit the region results on-line using the "Form to submit Region Results" link on both the Boys' and Girls' Cross Country pages of the UHSAA web-site [www.uhsaa.org](http://www.uhsaa.org). Region results may only be submitted through the web-site.

## Meet Information

*Please read carefully even if you're an experienced coach, athlete or spectator.*

1. The 2010 UHSAA State Cross Country Championships will be held Wednesday, October 20 at Sugarhouse Park and Highland High School. Team packets will be distributed at the starting line inside the park.
2. **Coaches, please check all bib-number barcode labels for correct information!** Meticulous attention here will ensure accurate meet results and spelling for the results provided for news releases and the UHSAA Yearbook. Please make sure the name, school, classification, and gender are all correct on each label. If there is anything wrong, please go directly to the computer station near the finish line to correct any problem. This must be done **BEFORE** the races take place. The computers can only be as accurate as the information received.
3. Results will only be available at the press box area. **NO ONE** will be allowed in the press box so don't ask to be admitted. When results are available an announcement will be made over the PA system. Someone from each school may pick up the customized results printout. Only one copy will be available for each school.
4. **Coaches, be sure your athletes understand these procedures:**
  - a. Each individual's pre-assigned bib number with the barcode must be pinned to front chest only (use four pins).
  - b. The other number (one without the bar code) must be pinned on the back of the uniform (use two pins).  
Note: The front and back numbers must match.
  - c. Make sure **NOT** to tear the tag on the front bib-number with the pins or anything else. (Pins and numbers are included in the team packet.)
  - d. After crossing the finish line, athletes must keep moving down the chute.
  - e. Athletes must leave their tear tags on until after they are scanned.
  - f. After an athlete has had their tag scanned, they are to remove their tear tag and hand it to the spindler.
  - g. Athletes who voluntarily leave the finish chute early and do not proceed through the chute to the end may be disqualified. The finish chute is designed to maintain finish order so that athletes are scanned in the correct order.
5. The **games committee** will include UHSAA staff, administrators and coaches.
6. **Inspectors will be on the course** watching for violations.
7. **Medals** will be awarded to the top 10 individual finishers in each race. The first and second place boys' and girls' teams in each classification will receive trophies. Awards will be made as quickly after the finish as possible.

Awards will be presented on the west side of the track in front of the west bleachers in the Highland High stadium. Please be there on time to receive awards.

8. The first race begins at 11:30 am. Races will be run consecutively in the following order. Times listed are approximate:

1A Girls...11:30 am	4A Girls...2:00 pm
2A Girls...12:00 noon	5A Girls...2:30 pm
1A Boys...12:30 pm	3A Boys...3:00 pm
2A Boys...1:00 pm	4A Boys...3:30 pm
3A Girls...1:30 pm	5A Boys...4:00 pm

Races will start approximately every half hour. Races will not start prior to the listed times. Start times may be delayed by weather or meet conditions. Runners should check in well in advance of the listed start times.

9. Please see the Cross Country section of the UHSAA Yearbook for qualifying procedures.

10. **No practice is allowed at the site of the state meet within two (2) weeks of the state competition. This includes walking the course as a team or as an individual.**

11. When a race is partially through the course, an announcement will be made at the starting line for teams in the next race to assemble. **Coaches are responsible for having teams ready to run immediately after the announcement.**

12. Team lane assignments will be posted on the Cross Country Page of the UHSAA web-site and included in your packet. A random draw for lanes will be done prior to the day of the race.

13. EMTs and trainers will be available at the finish line. If you see someone in need please assist by getting information concerning the location and problem to the start or finish lines immediately.

14. As per rule 3-2-4-o the games committee has ruled that headbands or knit caps which are unadorned except for school name, nickname, or school mascots are legal. A knit cap or headband may have a single manufacturer's logo/trademark, multiple colors and/or multiple designs. Baseball style caps are **not** legal attire. If one runner on a team wears a knit cap/headband, not all other runners on that team are required to wear one. For the runners on a team who do wear knit caps and/or headbands they do not have to be identical in design and/or color. Also, sweat wrist bands are NOT considered jewelry. However, if worn, sweat wrist bands must be a single, solid color and be unadorned except for single manufacturer's logo not to exceed dimensions listed for other uniform apparel.

15. Teams are reminded of the uniform rule from Rule 9, Section 6 of the NFHS Track and Field and Cross Country Rules Book (enclosed) and applicable sections of the NFHS Case Book. A copy of the Rules Book is sent to all UHSAA member schools each year. Please know the rule and abide by it. Rule 9, Section 4, Article 3-b reads: "The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform, equipment, and no jewelry)..." When the coach enters athletes via the internet he/she is verifying that competitors will be properly equipped to meet the requirements of this rule.

16. Coaches, please educate the members of your team, their parents and others that will come to support your student athletes that per rule 9-7-4 it is a disqualification for a competitor who receives any assistance from another person. The most common form of the violation of this rule is when a non-competitor runs along side a competitor during the race (pacing). This has been a problem in the past. We don't want to have to disqualify a runner for the actions of someone not in the race. Please help by informing those who will be there to support your team.

17. There will be no team or spectator parking allowed in the lot immediately west of the starting line. That parking lot is for meet administration only.



**SECTION 6 COMPETITOR'S UNIFORM**

**ART. 1 . . .** Each competitor's uniform shall consist of:

- a. Shoes;
- b. Full-length cross country top and bottom or one-piece uniform issued by the school;
  1. Bottoms may vary in length and style but must be the same color and design for all team members;
  2. Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls;
  3. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
  4. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name;
  5. The top shall not be knotted or have a knot-like protrusion;
  6. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each top, bottom or one-piece uniform;
  7. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom;
  8. Any visible shirt(s) worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color except for a single, visible manufacturer's logo as per NFHS rules and/or single school name or insignia no more than 2¼ square inches with no dimension more than 2¼ inches. Visible items worn under both the top and the bottom do not have to be the same color;

**ART. 2 . . .** Uniforms must be worn as intended by the manufacturer. The waistband of a competitor's shorts shall be worn above the hips. There shall be no bare midriff.

**ART. 3 . . .** A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. The use of slippers or socks does not meet the requirements of the rule.

**ART. 4 . . .** Each team member shall wear the same color and design school uniform. Any visible garment(s) worn under the top and other visible garment(s) worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that garment(s) must be the same color, but not necessarily the same length.

**ART. 5 . . .** A competitor shall wear the assigned unaltered contestant number, when numbers are used and computer chips when those devices are used in competition.

**ART. 6 . . .** Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

**ART. 7 . . .** Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body and the alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

**PENALTY: (Arts. 1-7) For illegal uniform, the competitor is disqualified from the event.**

**SECTION 7 DISQUALIFICATION**

**ART. 1 . . .** A competitor who false starts. (See 5-7-3, 4)

**ART. 2 . . .** A competitor who interferes with another competitor. (See 4-5-3 through 5)

**ART. 3 . . .** A competitor who is unsporting or uses unacceptable conduct. (See 4-5-1, 2)

**ART. 4 . . .** A competitor receives any assistance from any other person. (See 4-5-8)

**NOTE:** Providing liquids during competition is not considered to be an aid or assistance.

**ART. 5 . . .** A competitor who fails to complete the prescribed course that is defined by a legal marking system.

**PENALTY: (Arts. 1-5) Disqualification from the event.**