



2020 UHSAA State Cross Country Championships Meet Information

ATTENTION: ENTRY INFORMATION:

Entries will be made by individual schools at www.runnercard.com and **must be completed by Friday, October 16**. The registration password for access to enter the meet is:
championships

Immediately following your region meet and **no later than FRIDAY, OCTOBER 16**, the Region/Divisional Chair must submit the region results. Results can either be submitted on-line by posting the results to RunnerCard (Preferred), or the results can be emailed to the UHSAA's Jon Oglesby at joglesby@uhsaa.org.

Meet Information

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

The 2020 UHSAA State Cross Country Championships will be held Wednesday, October 21 (1A-2A, 4A) at Cedar High School in Cedar City and Thursday, October 22 (3A, 5A-6A) at Soldier Hollow in Midway, Utah. Team packets will be distributed at the starting line inside the park at Cedar High and in the parking lot at Soldier Hollow.

COVID-19 Mitigation Factors

To ensure COVID-19 risk mitigation takes place, all competitors and coaches are strongly encouraged to be wearing masks immediately after exiting the buses. Additionally, competitors, coaches, officials and staff should be wearing masks as they walk around the facility. Social distancing should be observed in all places where reasonably possible. Competitors should remove their masks only when warming up, in competition, and cooling down. Coaches should prepare to return masks to competitors in the cool-down area. Additionally, programs are encouraged to not bring student-athletes who have not qualified for the races.

Online tickets will be required to be purchased for all fans attending the State XC event at Soldier Hollow. The tickets will be available for free through the UHSAA GoFan ticketing portal. All spectators and administrators will be required to show entrance to the Soldier Hollow event. **Masks are required at both the Cedar High and Soldier Hollow sites.**

Classifications are strongly encouraged to vacate as soon as possible after their awards ceremony and to show up no sooner than 60 minutes before their assigned race time. Additionally, hand sanitizing is encouraged in the facility, along with individual water containers for all attendees.

Teams are strongly encouraged to not set up team camps and to stay on buses, only leaving to warm-up, race and subsequently cool-down. This will help with mitigation efforts, along with facilitating a timely exit from the facility after awards.

Parking

Parking at Cedar High School will take place on school grounds in various parking lots. Team buses will park on the north side parking lot that is listed on the map for team parking. This parking is for team buses/vans only. At Soldier Hollow, team busses/vans will park in the paved parking lot area in a socially-distanced manner. Fans will park on the gravel parking lot. Parking attendants will help explain procedures. All parking information can be found on the Course Maps on the UHSAA website.

Bib Numbers and Bar Codes for Competitors

Coaches, please check all bib-number barcode labels for correct information! Team packets which will include bibs with bar codes will be distributed near the starting line. Meticulous attention here will ensure accuracy for news releases and the UHSAA results. Please make sure the name, school, classification, and gender are all correct on each label. If anything is incorrect, please report it to the computer station near the finish line to have it corrected. This must be done **BEFORE** the races take place. Information is only as accurate as what is received. The code on each of the bib numbers can be scanned on the newer smartphones using the

camera (you don't have to take a photo). This code will open a browser and display the results of the runner who has that code on their bib.

Results

All meet results will be posted live to the Internet. As soon as a runner crosses a timing point, those results will be posted live to the results page. We expect the time interval to be less than 10 seconds between the runner crossing a timing point and the result being displaying on the results page. Timing points will be located at the 1-mile, 2-mile and the finish line marks. Results at each timing point will display both the individual positions & times and team positions & score. When results are posted live, at this point they are still unofficial. Once the Gold, Silver, and Bronze medals of the top three finishers are displayed at the top of the Overall Full Results page, the results are considered official.

Results can be found on the RunnerCard website.

Race Procedures

Coaches, be sure your athletes understand these procedures:

- Each athlete must wear the correct bib number that displays their name. Failure to wear the correct bib number may result in disqualification.
- The pre-assigned bib number with the QR code must be pinned to the front chest only (use four pins).
- The other number (the one without the QR code) must be pinned on the back of the uniform (use two pins).
 - Note: The front and back numbers must match.
- Pins and numbers are included in the team packet.
- After crossing the finish line, athletes must keep moving through the chute.
- While chip-timing makes it no longer necessary to maintain finish order in the chute, RunnerCards will still be printed and distributed in a stack at the finish line. Maintaining your order of finish in the chute will simplify this process.

Certified Officials

Certified Officials will be on the course watching for violations.

Soldier Hollow Release Form

Student-athletes who compete in the 3A-5A-6A event at Soldier Hollow will need to fill out a release form to compete at the venue. This form must be filled out digitally by all entered competitors and alternates. The UHSAA will send the link to all coaches, who are then to assist student-athletes in getting the information completed by Tuesday, October 20.

Awards

Awards will be given for both the boys' and girls' classifications immediately after the conclusion of the races for both gender. Each classification will then be responsible to clear the facility immediately after awards. At Cedar High School, awards will take place on the in-field with an announcement over the loud speaker in the stadium. At Soldier Hollow, teams/team spectators will enter a pre-marked box to ensure social distancing takes place and results will be announced from that position.

Schedule

Races will be run consecutively in the following order. Times listed are approximate:

<u>Cedar City Races</u>	<u>Soldier Hollow Races</u>
2A Girls...1:00 pm	3A Girls...11:00 am
2A Boys...1:30 pm	3A Boys...11:30 am
1A Girls...3:00 pm	5A Girls...1:30 pm
1A Boys...3:30 pm	5A Boys...2:00 pm
4A Girls...5:00 pm	6A Girls...4:00 pm
4A Boys...5:30 pm	6A Boys...4:30 pm

Races will start at approximate starting times. 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. 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. Teams are not to arrive at the venue any sooner than 1 hour prior to the start of the girls' race of their classification. **Coaches are responsible for having teams ready to run immediately after the announcement.**

Qualification

Please see the Cross Country section of the [UHSAA Handbook, page 70](#), for qualifying procedures.

Practice at State Meet Site

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.

Starting Positions

A random draw for team starting positions will be done and posted on the Cross Country Page of the UHSAA web-site Monday, October 19 and included in your packet.

Athletic Trainers and EMT

EMTs will be available near the finish. Schools are encouraged to have their athletic trainer travel to the state meet to assist that particular school's individual student-athletes, to minimize risks of transmission exposure. If you see someone in need, please assist by getting information concerning the location and problem to the start or finish lines immediately.

Caps, Headbands, Etc.

As per rule 3-2-4-n 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. 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. **Masks are allowed during competition. Competitors are instructed to wear their masks until they enter**

1A Tiebreaker

With 1A Cross Country having a unique format, due to the decision of UHSAA Executive Committee 1A Classification representatives, the following will serve as the tiebreaker for 1A Cross Country:

- 1- All 1A teams will be scored on their top 4 finishers only.
- 2 - The 5th runner would be the tie breaker if both teams have five or more runners. If one team has five or more and another team has four runners, the fourth runner would be the tiebreaker.
- 3 - With a tie between teams that only have 4 runners the tie breaker would be the placement of the 4th runner.

Uniform Rule

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)..." When the coach enters athletes via the internet he/she is verifying that competitors will be properly equipped to meet the requirements of this rules.

Assistance to Competitors

Coaches, please educate the members of your team, their parents and others that will come to support your student athletes. The most common form of the violation of this rule is when a non-competitor runs alongside a competitor during the race (pacing). This has been a problem in the past. It would be unfortunate 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. Also, any runner who assists another runner will also be disqualified.



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