



2024 UHSAA Cross Country Championships

ATTENTION: ENTRY INFORMATION:

Entries will be made by individual schools at www.meettrax.com and must be completed by Friday, October 25.

Immediately following your region meet and no later than **FRIDAY, OCTOBER 25**, the Region Chair must submit the region results. Entries will close at 11:59 p.m. on Friday, reopen at 12:00 p.m. on Saturday for corrections, then close again on Saturday at 6:00 p.m. Seeding will occur after this. Results must be submitted on-line by posting the results to www.meettrax.com.

Meet Information

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

The 2024 UHSAA State Cross Country Championships will be held Tuesday, October 29 and Wednesday, October 30, at the Sugar House Park. Sugar House Park is located at 1330 E. 2100 South, Salt Lake City. Team packets will be distributed at the team entrance area (listed on map). The facility will not open until one hour prior to the scheduled start of the first race for patrons (11:00 a.m. open for patrons; 10:30 a.m. for teams).

Parking

Vehicles will be charged \$20. RV's and other oversize vehicles will be charged at \$50, due to the use of multiple parking spots. Parking passes can be purchased on the UHSAA GoFan online ticket portal at <https://gofan.co/app/school/UHSAA>. A service fee will be charged as part of the purchase.

There will be no cash option for purchase. It is advised for everyone to pre-purchase passes to allow for faster parking and entrance into the facility.

Individuals who hold UHSAA Annual Passes will show the pass at the parking lot entry gate.

Patrons and teams are encouraged to leave after their respective awards ceremonies to allow more parking for patrons and team buses. There will be a parking attendant at the exit gate to ensure people do not enter the facility through an alternate route.

Schools who are planning on bringing student support buses will drop off students in the team parking entry and will be charged \$5 per student who attends.

Team Entry

The team buses should enter the park through the entrance and follow the road to the designated bus parking area (see on map). When leaving, teams are encouraged to leave for the bus parking area for loading to leave.

Coaches will be required to be wearing their UHSAA-issued credential for certified coaches to coach in the meet. These coaches' passes will also be considered valid entry into the venue as long as coaches are entering with the team.

Teams are encouraged to show up no earlier than 1 hour (60 minutes) before the first race time in their classification to help with staggering the check-in process.

Bib Numbers and Barcodes 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 displayed 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 Meettrax 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, RunnerCard will still be printed and distributed at the end of the chute. Maintaining your order of finish in the chute will simplify this process.

Certified Officials

Certified Officials will be on the course watching for violations.

Awards

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. All awards will be made as quickly after the finish as possible. Awards will be presented east of the finish line (listed on map). Please be there on time to receive awards. Awards will be done by classification (for example: the 5A girls awards will be immediately followed by the 5A boys).

Schedule

Tuesday, October 29		Wednesday, October 30	
12:00	4A Boys	12:00	6A Boys
12:30	4A Girls	12:30	6A Girls
1:00	4A Awards	1:00	6A Awards
1:30	1A Boys	1:30	3A Boys
2:00	1A Girls	2:00	3A Girls
2:30	1A Awards	2:30	3A Awards
3:00	2A Boys	3:00	5A Boys
3:30	2A Girls	3:30	5A Girls
4:00	2A Awards	4:00	5A Awards

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. **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. There will be a Coaches' Association meet to preview the state course during the season.

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 24 and included in your packet.

Athletic Trainers and EMT

EMTs and athletic training volunteers will be on hand 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. The UHSAA strongly encourages all teams to bring their own athletic trainer, who will then coordinate with the UHSAA liaison for athletic trainers at the start line. Teams should plan on providing for all their own athletic training needs.

PARENTS ARE TO NOT ASSIST INJURED ATHLETES FOR LIABILITY REASONS.

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 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 these rules.

Assistance to Competitors

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. 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.



CROSS COUNTRY STATE CHAMPIONSHIPS



SUGARHOUSE PARK
1330 2100 S, SALT LAKE CITY, UT