**KINGCO CONFERENCE**

**2A/3A/4A CROSS COUNTRY CHAMPIONSHIPS 2017**

**MEET DATE**: Saturday, October 21, 2017

**MEET LOCATION**: Lake Sammamish State Park Saturday

**MEET CO-DIRECTORS:**

Cathy Boyce: cboyce@nsd.org Rick O’Leary: roleary@lwsd.org

425-456-7416 425-936-1740

**MEET MANAGER**: John Hill johnnymango@gmail.com

**MEET SCHEDULE**:

 *Kingco Championships*

 8:30 AM Packets Available

 9:30 AM               Coaches Meeting/Course Assignments

10:00 AM               4A Boys Varsity Race

10:30 AM                   2A/3A Boys Varsity Race

11:00 AM                   4A Girls Varsity Race

11:45 AM                   2A/3A Girls Varsity Race

12:45 PM                    Awards Presentation

*Kingco JV Invite*

 1:15 PM 4A Boys JV Race

 1:45 PM 2A/3A Boys JV Race

 2:15 PM 4A Girls JV Race

 3:00 PM 2A/3A Girls JV Race

**MEET ENTRIES**:

Entries should be entered by Saturday October 14, 2017 on [www.athletic.net](http://www.athletic.net). All entries MUST be put in prior to 10:00PM. Athletic.net will lock @ 10:00PM. **Further details about entering athletes will be posted on the meet page on Athletic.net.** Contact John Hill johnnymango@hotmail.com for questions concerning registration of athletes.

**PARKING:** Parking for spectators will require a Discovery Pass. School bus parking is free. Please notify your community members of the need to have a Discovery Pass.

**COACHES PACKETS/COMPETITORS NUMBERS/UNIFORMS**:

Coaches can pick up packets from the course clerk @ 8:30 AM. PLEASE BE SURE THAT ALL RUNNERS HAVE THE BIB NUMBER THAT THEY ARE LISTED TO HAVE. **DO NOT GIVE ANOTHER ATHLETE SOMEONE ELSE’S BIB NUMBER**.

**Uniforms:** Every head coach should review rule 4.3 in the 2016 NFHS Track and Field/Cross Country Rules Book. All teams will be required to be in proper, legal uniforms.

**LANE ASSIGNMENTS**: drawn randomly (by the LW Associate Principal)

 **3A Boys 3A Girls Lane 4A Boys 4A Girls**

Sammamish Mercer Island **1** Skyline Woodinville

Bellevue Liberty **2** Woodinville Newport

Liberty Interlake **3** Newport Eastlake

Mercer Island Bellevue **4** Eastlake Bothell

Lake Washington Sammamish 5 Issaquah Inglemoor

Interlake Juanita 6 Inglemoor Skyline

Juanita Lake Washington 7 North Creek Issaquah

Redmond Redmond 8 Bothell North Creek 9 Mt. Si Mt. Si

**MEDICAL**:

Two athletic trainers provided by the conference. Each school should bring their own supplies if they want their athletes taped/treated prior to competition.

**AWARDS:**

The awards ceremony will begin at 12:45PM.

1. Regular Season Dual Meet Champions: Boys and Girls Teams recognized
2. Boys varsity individuals: top 14 finishers/top three receive medals
3. Boys varsity teams: announce in reverse order/5th – 2nd/winning team receives Kingco trophy
4. Girls varsity individuals: top 14 finishers/top three receive medals
5. Girls varsity teams: announce I reverse order/5th – 2nd/ winning team receives Kingco trophy

**3A DISTRICT ALLOCATIONS:** The top FOUR (4) 3A teams, and any individual in the top 28 finishers whose team did not qualify, will advance to the SeaKing District Meet, held Saturday, October 28th at Lake Sammamish State Park.

**4A STATE ALLOCATIONS**: The top TWO (2) 4A teams, and any individual in the top 14 finishers whose team did not qualify, will advance to the WIAA State Cross Country Championships at Sun Willows Golf Course (Pasco, WA) on Saturday, November 4th.

**PROTESTS**: Protests should be filed with the Meet Directors as soon as possible after the alleged infraction occurs. The Meet Directors will convene the Games Committee to hear and resolve the protest onsite. The members of the Games Committee for this event shall be: Gwen Robertson, John Hill, Cathy Boyce, Rick O’Leary, Lance Gatter, and Jesse Synder (if a protest involves the school of any of these coaches, the coach will be replaced by the coach of a non-affected team).