**2018 Sea-King District 2 Cross Country Championship Meet**

**Coaches’ Directions – Meet Syllabus:**

**Section 1 - Introductions**

Introduce **Sean Gaskill** – Meet Director & **Tim Frost –** Meet Manager

**Section 2 – Games Committee**

The Sea-King District 2 Championship **Games Committee** will include **John Hill** (Bellevue), **Sally Revere** (LS), and **Tim Frost** (BB). Games Committee will report to the Meet Director, Sean Gaskill.

**Section 3 – Computer Operations / Timing / Results**

**Kenny Emerick** (Computer Operations) – please visit the **timing tent** at the finish line if you have any questions about team packets, race numbers, and results.

**Section 4 – Race Numbers & Chips**

**Race numbers:** Must be worn on the front of the jersey by the person whose name appears on the number. You should have plenty of pins; if you need more, see Kenny Emerick. If you need additional race numbers for athletes who were not registered on Athletic.net and/or you have changes to your race line-up visit Kenny Emerick at the timing tent.

**Chips:** Each athlete will be given **two (2) chips to tie into both of their racing shoes**. We will be collecting both chips at the end of your athlete’s race within the finish corral. Lost or missing chips will result in a $15.00 charge per chip to your program - **please turn in all of your racing chips**.

**Section 5 – Starting Line**

All athletes need to **report to the starting line fifteen (15) minutes before the start of their race** for a uniform check and last minute instructions.

**Section 6 – Lane Assignments**

Lane assignments were selected and emailed; extra copies can be found at the finish line tent.

**Section 7 - Uniforms**

**Uniforms:** Must follow the **2018 NFHS T&F and XC Rules Book**.

According **Brian Smith of WIAA**, long tights to the foot/ankle can’t be multi-colored; tights to the thigh/knee can be multi-colored. In addition, **your varsity seven (7) runners should be in the exact same uniform for post-season races.**

**Section 8 – Finish Line Area**

No coaches will be allowed in the finish area. **Do not take any athletes out of the corral.** You may greet them at the end of the corral - **please turn in all of your racing chips.**

**Section 9 – Awards**

Team and individual awards will begin shortly after the final race at the finish line area on Field #7.

**Section 10 – State Qualifiers**

**The top 6 boys’ teams and any runner finishing in the top 42 individuals overall whose team does not qualify** will advance to the Washington State Championship Meet at Sun Willows Golf Course in Pasco, WA on **Saturday, November 3rd, 2018**.

**The top 6 girls’ teams and any runner finishing in the top 42 individuals overall whose team does not qualify** will advance to the Washington State Championship Meet at Sun Willows Golf Course in Pasco, WA on **Saturday, November 3rd, 2018**.