**4A KINGCO CROSS COUNTRY CONFERENCE CHAMPIONSHIPS and 3A SEAKING DISTRICT CHAMPIONSHIP MEETS**

**MEET DATE**: Saturday, November 2nd, 2019

**MEET LOCATION**: Lake Sammamish State Park

**MEET CO-DIRECTORS:**

Cathy Boyce: [cboyce@nsd.org](mailto:cboyce@nsd.org) John Hill: hillj@bsd405.org

425-408-7415 425-456-7038

**MEET MANAGER**: Ken Hungerford [ken\_hungerford@hotmail.com](mailto:ken_hungerford@hotmail.com)

**MEET SCHEDULE**:

* 11:00 PM Packets Available
* 11:45 PM             Coaches Meeting – next to packet pickup/finish line area
* 12:30PM 3A Girls Seaking Championship Race
* 1:15 PM 4A Kingco Girls Championship Race
* 2:00 PM 3A Boys Seaking Championship Race
* 2:45 PM 4A Kingco Boys Championship Race
* 3:30 PM Awards Ceremony – Next to Restroom Shelter

**MEET ENTRIES**:

Entries should be entered by Thursday October 31st, 2019 on [www.athletic.net](http://www.athletic.net). All entries MUST be put in prior to 9:00 PM. Athletic.net will lock @ 9:01PM. **Further details about entering athletes will be posted on the meet page on Athletic.net.** Contact Ken Hungerford ken\_hungerford@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 Day Pass or yearlong Discover Pass. It costs $10 for a day pass, $30 for the yearlong pass.

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

Coaches can pick up packets from the course clerk @ 11:00 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 2019 NFHS Track and Field/Cross Country Rules Book. All teams will be required to be in proper, legal uniforms.

**LANE ASSIGNMENTS**: drawn randomly **Start faces SOUTH. LANE 1 to 10 or 16 goes WEST (closer to water) to EAST**

**4A Boys Lane Assignment 4A Girls Lane Assignment**

**Lane 1. Bothell Lane 1. Inglemoor**

**Lane 2. Issaquah Lane 2. Woodinville**

**Lane 3. Mount Si Lane 3. Newport**

**Lane 4. Woodinville Lane 4. Redmond**

**Lane 5. Newport Lane 5. Mount Si**

**Lane 6. Eastlake Lane 6. Eastlake**

**Lane 7. Inglemoor Lane 7. Issaquah**

**Lane 8. North Creek Lane 8. Skyline**

**Lane 9. Skyline Lane 9. North Creek**

**Lane 10. Redmond Lane 10. Bothell**

**3A Boys Lane Assignment 3A Girls Lane Assignment**

**Lane 1. Roosevelt Lane 1. Metro Individuals (5)**

**Lane 2. Lake Washington Lane 2. Metro Individuals (5)**

**Lane 3. Seattle Prep Lane 3. Seattle Prep**

**Lane 4. Garfield Lane 4. Holy Names Academy**

**Lane 5. Nathan Hale Lane 5. Bishop Blanchet**

**Lane 6. Bishop Blanchet Lane 6. Interlake**

**Lane 7. Interlake Lane 7. Eastside Catholic**

**Lane 8. Metro Individuals (5) Lane 8. Ingraham**

**Lane 9. Metro Individuals (5) Lane 9. Ballard**

**Lane 10. Mercer Island Lane 10. Bellevue**

**Lane 11. O’Dea Lane 11. Lake Washington**

**Lane 12. Franklin Lane 12. Mercer Island**

**Lane 13. Ballard Lane 13. Garfield**

**Lane 14. Bainbridge Lane 14. West Seattle**

**Lane 15. Kingco Individuals (3) Lane 15. Nathan Hale**

**Lane 16. Kingco Individuals (2)**

**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 3:30 PM.

1. Girls varsity individuals: top 14 finishers/top three receive medals for 4A Kingco. To 10 finishers will receive ribbons for the 3A meet.
2. Girls varsity teams: announce in reverse order 10th – 2nd/winning team receives Kingco trophy. Announce in reverse order 13th to 2nd/winning team receives 3A Seaking District trophy.
3. Boys varsity individuals: top 14 finishers/top three receive medals for 4A Kingco. Top 10 finishers will receive ribbons for the 3A Seaking meet.
4. Boys varsity teams: announce in reverse order 10th – 2nd/ winning team receives Kingco trophy. Announce in reverse order 12th to 2nd/winning team receives 3A Seaking District trophy

**4A STATE CHAMPIONSHIP ALLOCATIONS:** The top TWO (2) 4A teams, and any individual in the top 14 finishers whose team did not qualify, will advance to the State Championship Meet, held Saturday, November 9th at Sun Willows Golf Course in Pasco Washington.

**3A STATE CHAMPIONSHIP ALLOCATIONS:** The top FIVE (5) 3A teams and any individual in the top 35 finishers whose team did not qualify, will advance to the State Championship meet held Saturday November 9th at Sun Willows Golf Course in Pasco Washington.

**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: John Hill, Cathy Boyce, and three 3A coaches to be determined for the 4A meet, and three 4A coaches to be determined for the 3A meet.