

**Northwest 1A
District
Cross Country Championships
Saturday, October 30, 2021**

**South Whidbey High School
Langley, Washington**

The Northwest District Cross Country Championship games / organizing committee
Meet Director - Doug Fulton (South Whidbey Cross Country Coach); Meet Manager - Paul Lagerstedt (South Whidbey Athletic Director); Meet Referee / Starter - Robin Hood; Games Committee - TBA

Registration

All teams must register their athletes at www.athletic.net by **Tuesday, October 26th, 6:00 pm.** Coaches should register their top nine athletes, seven of which will run in the district race as your scoring team and two alternates. Substitution of a team member who was not on the nine-person roster at the Tuesday deadline must be made with the Meet Director when arriving at the meet site. Use the entry change form in your packet.

Substitution of Runners for State Qualified Team

A school may change runners after a team has qualified in the District meet to the state championships provided the substitute meets WIAA requirements as a participant. Substitution of a team member must be made with the State Meet Manager on arrival at the meet site on Friday or via phone or email by Friday if not arriving until Saturday. This includes changes in alternates. No changes can be made in the pool of nine runners for each team on race day.

Course Preview

Please honor the South Whidbey school district request to limit course tours to weekdays after 3:00 pm or weekends and avoid those areas that are being used by South Whidbey sports teams. Please email me (dfulton@sw.wednet.edu) ahead of time. Thanks

Course Map

There is a link to the map on athletic.net.

District Qualifiers

All schools are allowed one team of seven runners, coaches should register their top 9 by the registration deadline.

State Qualifiers

District 1/2 1A Boys – Top 5 teams and top 35 placing individuals
District 1-4 1A Girls – Top 6 teams and top 42 placing individuals

Time Schedule

1A Girls	11:30 AM
1A Boys	12:25 PM
Awards	1:10 PM

Award Presentations

Team trophies will be awarded to the first-place team in each classification, medallions for the individual district champions, ribbons for 2nd – 8th and state qualifier ribbons for those advancing to state. Awards will be presented outside in front of the grandstands weather permitting.

Day of Race Information

Buses may off-load athletes at the stadium, but will be directed towards appropriate parking along Maxwellton Road. Please do not park busses in the High School parking lot.

Coaches pick up packets upon entering the stadium at ticket gate.

Race Course

The NW District Championship racecourse consists of one loop around the high school grounds and one loop in the community park. The start line is east of the stadium and the finish line is on the track. The course will be clearly marked with flags and white paint.

The starting area is closed to all but competitors, coaches, officials and team managers.

The finish area is closed to all but competitors and officials. Coaches and managers may meet with the runners in the spectator area after the runners exit the finish chute.

The racecourse will be open for walk/run through from 9:00 am until 11:00 am. No time trials will be allowed on the course during this time.

Runners may warm up for the races in the designated warm up areas. **No warm up on the course after 11:00 am.**

Runners should report to the starting area 15 minutes before their race. At the starting area, all teams and individual runners must check in with the Clerk of the Course.

Rules

The National Federation Track and Field Rules and Records and the WIAA Handbook shall be used. The Games Committee will rule upon any situation or interpretation not covered in the rulebook.

USE OF ATOMIZERS/INHALERS (as per National Federation rule) A letter or note from a doctor must be presented to the meet director or designee before the race documenting the need of the athlete to use the atomizer/inhaler during competition to ensure his/her safety. Without a doctor's statement, the athlete may only use the atomizer/inhaler prior to and after competition.

Games Committee/Jury of Appeals

Any problems that arise before or during the meet should be brought to the attention of the Meet Referee, the Referee's decision may be appealed to the Games Committee. The Games Committee will be composed of experienced cross country officials and coaches. Protest forms will be available at the blue tent at the finish area.

Uniforms

Contestants shall wear only the uniforms authorized by their school. If there is more than one contestant for a school, uniforms must be alike. Shoes are required. Remind your athletes of the rules pertaining to uniforms, T-shirts, spandex.

Numbers

A competitor must wear a contestant number on the front of the uniform before being allowed to compete. **Please do not crinkle bar code.**

Lane Assignments

A draw for lanes will be made prior to the meet. Lanes will be wide enough to accommodate two (2) team members across the front row.

Timer on the Course

A clock or timer will be stationed at the one (1) mile point during the meet.

Scoring Procedure

A runner will be scored for his/her individual and team place. Each runner must wear a race number. At the end of the main finish chute, meet officials will remove the tear-off portion of the numbers in order of finish.

Coaches: Remind runners to run through the finish line and into the chute. Runners must cooperate with finish line personnel. Diving at the finish line may be judged an impediment to other runners and result in disqualification of the diving runner.

Runners and coaches are to stay clear of the official timer at all times during the race. Each runner will be timed and copies of the complete meet results will be posted online at athletic.net. There will be two official video cameras placed at the finish for back up. No other video will be considered, and review of any videotape will be by the meet referee and games committee only.

Scoring

The team score shall be determined by totaling the points scored by the first five (5) runners of each team to finish. If fewer than five (5) runners finish, no score shall be listed. Individual finishers will not be counted in team scoring.

Ties will be broken as follows: Ties in team scoring shall be resolved by comparing the 6th place finishers from the teams that tie. The team with the best 6th place finisher shall prevail. If a team does not have a 6th place finisher, the team with the 6th place finisher will prevail. If only five (5) competitors finish of both teams that tie, the team scoring shall be resolved totaling the scores of the first four (4) finishers.

Ferries (Note that ferries will probably be running on the hour, i.e. 8 am, 9 am etc.)

Ferries to Clinton run every half hour. Remember that the early boats are liable to be crowded, so plan accordingly. **NOTE: Ferry Reservations are encouraged, plan to be at the ferry dock a minimum of 15 minutes before your reservation. Visit this website to get information about reservations <https://wsdot.wa.gov/ferries/rider-information/groups-events/school-groups> Make sure to bring a letter on school letterhead for each vehicle to receive the flat ferry fee for school vehicles.**

Results

Results will be posted on the south end of the grandstand as soon as they are available and uploaded to athletic.net.

Toilets/Changing Facilities

Available in the gymnasium complex. Portable toilets are available on the outdoor basketball court, behind stadium and near the starting line.

T-Shirts

Fine Designs will be onsite selling custom t-shirts and sweatshirts.

Questions:

Doug Fulton, dfulton@sw.wednet.edu

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