



SEA-KING DISTRICT 2
of the
Washington Interscholastic Activities Association



Tri-District Cross Country Championship General Information

The Tri-District Cross Country Championship organizing committee consists of; Anthony Herness – JPII SeaTac League AD (Meet Director), Ryan Gilbert – SUM – SeaTac League AD (Assistant Meet Director)

Allocations to State

- A. 1B/2B Girls from District 1/2/3 compete in a 7-team race with 4 teams and the top 28 placing individuals advancing to the State meet in Pasco.
- B. 1B/2B Boys from District 1/2/3 compete in a 7-team race with 2 teams and the top 14 placing individuals advancing to the State meet in Pasco.

ELIGIBILITY. All participants must be eligible under WIAA Rules and Regulations.

NO PRACTICE ON THE RACE COURSE WILL BE PERMITTED. The racecourse will be open for walk/run through from 7:00 am until 11:45 am on Thursday, October 26. Team packets will be available on Race Course on day of race, one packet per school.

AWARDS - Certificates are distributed to all participants

- **Teams:** Plaques are awarded to the first (1st) place teams in each race.
- **Individuals:** Ribbons are awarded to the top 10 places.

FIRST AID - Sports trainers and a doctor will be on site throughout the day of the meet.

2023 RACE TIMES

- 12:00 p.m. - CLASS 1B/2B Girls
- 1:00 p.m. - CLASS 1B/2B Boys
- 2:00 p.m. - Awards after completion of all races

Tri-District Cross Country Championship Meet Procedures

Rules - The 2023 National Federation Track and Field Rules and Records and the 2023-24 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.

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 Jury of Appeals. The Jury of Appeals



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will be composed of experienced cross-country officials and coaches. PROTEST FORMS WILL BE AVAILABLE AT MEET HEADQUARTERS.

Meet Referee: [Anthony Herness](#)

Jury of Appeals: [Adrienne McNamara](#), [Terry Fritz](#), [Ryan Gilbert](#)

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 garments worn under the uniform. T-shirts or spandex that extends below the uniform shorts and extends below the knee, worn by more than one team member must be SAME SINGLE COLOR. Runners not in their legal school uniform will not be allowed to run.

Numbers - A competitor must wear a contestant number on the front of the uniform before being allowed to compete.

Lane Assignments

a. A random draw for lanes will be made prior to the meet by the Organizing Committee. Drawing will be made the Wednesday before the meet.

b. Lanes will be wide enough to accommodate at least three (3) team members across the front row.

Timer on the Course – Clocks will be placed at the one (1) mile and two (2) mile points to display times during the meet. No other timers will be permitted on the course.

Scoring Procedure

a. [Peak Performance Timing, LLC](#) is the official finish line operator. The FinishLynx cameras record front and side views of the finish for each runner. Times and scoring are directly uploaded in the finish system.

Coaches: Train runners to run through the finish line and into the chute. Runners must not obscure their numbers while crossing the finish line, such as by lifting their arms to stop their watches. 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.

b. A runner will be scored for his/her individual and team place. Each runner must wear a number. At the end of the main finish chute, meet officials will remove the tear-off portion of the numbers in order of finish. Any runner not displaying his/her number plainly will be disqualified. This is the back-up system.

c. Runners and coaches are to stay clear of the official timer at all times during the race. Coaches may request a copy of the race results prior to the meet and pick it up before leaving the site. Each runner will be timed and copies of the complete meet results will be posted at www.athletic.net.



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Scoring

a. 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.

b. 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 for both teams that tie, the team scoring shall be resolved by totaling the scores of the first four (4) finishers.

Award Presentations – Awards will be presented approximately 30minutes after the last race.

Coaches Notes

TRI-DISTRICT CROSS COUNTRY CHAMPIONSHIP REGISTRATION

1. All Coaches must register their teams on www.athletic.net. Entries for the Tri-District Championship will be downloaded from the www.athletic.net website. To register go to www.athletic.net and follow the instructions for registering your team. BE SURE YOU GO TO October 26 AND SELECT Tri-District Championship. ALSO YOU MUST REGISTER YOUR ATHLETES FOR THE APPROPRIATE RACE. Teams may enter 9 runners, but only 7 may run the race. ALL QUALIFIED TEAMS AND INDIVIDUALS MUST BE REGISTERED ON www.athletic.net BY 6:00pm ON Monday, OCTOBER 24.

2. If five or more runners from the same school qualify in the qualifying places at the Sub-District Meet, these runners shall be permitted to run as a team in the Tri-District Cross Country Championship Meet. Only these runners will be allowed to run, and five must finish in order for their school to qualify in the team scoring at the Tri-District Cross Country Meet. (Only these runners may advance to the State Meet as a team).

Substitution of Runners

a. A school may change runners after a team has qualified in the Sub-District/League Meet, provided the substitute meets WIAA requirements as a participant, i.e., is eligible to compete in the sub-district meet.

b. Substitution of a team member who is not on the nine-person roster must be made with the Meet Manager when arriving at the meet site. This is extremely important for correct scoring. Use the entry change form in your packet.

GENERAL INFORMATION

Each team will be allowed ONLY 1 tent. No larger than 10'x20" in size. Please do not block off areas around your tent.



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No Drones are allowed at Tri- District events.

DAY OF MEET PROCEDURES

COMPETITORS

1. All parking (buses and spectators) is in the gravel parking southwest of the start/finish area.
2. Coaches pick up packets by finish line. Coach's questions should be directed to the Meet Directors or the Referee.
3. The racecourse will be open for walk/run through from 7:00am until 11:45 am.
4. 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. *ONLY COACHES AND ATHLETES SHALL BE IN THE STARTING AREA.*

SPECTATORS

1. Spectators should park in the designated areas. No parking is allowed anywhere outside the designated parking areas. This is a county government facility and improperly parked cars may be impounded.

RACE COURSE

1. The racecourse is the same as Ft. Steilacoom invite.
2. The warm up area is outside the course. Please DO NOT warm up on the actual course
3. The edges of the racecourse will be marked with surveyors' flags. Runners are to remain on the path between the marker flags. Painted markers will be placed on the edge of the course at each 1000-meter mark.
4. The starting area is closed to all but competitors, coaches, officials and team managers.
5. 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.

Coaches are reminded that the use of wireless communication devices or golf carts during the meet is prohibited.

Course Map : [Course Map | Lakes Running \(fort-steila-coom-invite.com\)](https://www.google.com/maps?z=16&q=8714%2B87th%2Bave%2Bsw%2C%2Blakewood%2C%2Bwa%2B98498)

Address:

<https://maps.google.com/maps?z=16&q=8714%2B87th%2Bave%2Bsw%2C%2Blakewood%2C%2Bwa%2B98498>