

## **FINAL UPDATED 2023 METRO CROSS COUNTRY CHAMPIONSHIP MEET SYLLABUS**

Please read through this packet and review pertinent information with your players.

**Date:** Thursday, Oct. 19, 2023

**Place:** Lower Woodland

- Fields 2 and 7 (Start/Finish)
- Map of course is attached.

**Schedule:**

JV Women (Open)	1:00pm
JV Men (Frosh/Soph)	1:40pm
JV Men (Junior/Senior)	2:20pm
Varsity Women	3pm
Varsity Men	3:30pm
JV Women (top 14)	4:00pm
JV Men (top 14)	4:30pm
Awards	5:15pm (or earlier if we can)

### **Metro to District Allocations:**

The top 8 boys' and girls' teams and any runner finishing in the top 56 overall will advance to the District Championship at Marymoor Park on Thursday, October 26th (entries due on October 24th).

### **District to State Allocations:**

The top FIVE (5) 3A Boys and Girls teams and any runner finishing in the top 35 overall advances to the State Championship meet held Saturday, November 4th at Sun Willows Golf Course in Pasco Washington.

## **MEET INFORMATION**

### **1. Games Committee**

The Metro Championship **Games Committee** will include **John O'Leary** (BB), **Sally Revere** (LS), and **Darrell Lee** (FHS). The Games Committee will report to the Meet Director, **Tim Frost**. Cross Country Commissioner will be present as well for the meet: Sean Gaskill (Bishop Blanchet).

### **2. Computer Operations / Timing / Results**

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

### 3. 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 have changes to your race line-up please email Kenny Emerick at least 2hrs before the event.

**Chips:** Each athlete will have a disposable chip in their bib. Chips will not need to be returned at the end of the race.

\*Please make sure bibs are not folded or creased to cause a timing issue at the finish line.

### 4. 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.

### 5. Lane Assignments

Boys and Girls lane assignments. Lane assignments will be for all races – varsity and junior varsity.

#### Boys

- |                  |                       |
|------------------|-----------------------|
| 1. Rainier Beach | 9. Lincoln            |
| 2. Cleveland     | 10. Bishop Blanchet   |
| 3. West Seattle  | 11. Franklin          |
| 4. Garfield      | 12. Ballard           |
| 5. Lakeside      | 13. Ingraham          |
| 6. O'Dea         | 14. Roosevelt         |
| 7. Nathan Hale   | 15. Eastside Catholic |
| 8. Seattle Prep  | 16. Chief Sealth      |

#### Girls

- |                    |                       |
|--------------------|-----------------------|
| 1. Cleveland       | 9. Lincoln            |
| 2. Franklin        | 10. Ballard           |
| 3. Chief Sealth    | 11. Holy Names        |
| 4. Lakeside        | 12. Ingraham          |
| 5. West Seattle    | 13. Garfield          |
| 6. Seattle Prep    | 14. Nathan Hale       |
| 7. Roosevelt       | 15. Eastside Catholic |
| 8. Bishop Blanchet | 16. Rainier Beach     |

## **7. Uniforms**

Must follow the **2023 NFHS T&F and XC Rules Book**.

According to **Justin Kesterson of WIAA**, long tights to the foot/ankle can be multi-colored; tights to the thigh/knee can be multi-colored. In addition, **your varsity seven (7) runners should be in a very similar uniform for the postseason races.**

## **8. Finish Line Area**

No coaches will be allowed in the finish area. You may greet them at the end of the corral. Volunteers will encourage athletes to continuously move through the corral.

## **9. Athletic Trainers**

There will be 3 AT's stationed at the finish line area to support. Please remind your athletes to bring their own water. AT's will provide ice and medical coverage the entire meet. Sarah Wait (Bishop Blanchet), Bethany Vandivort (Nathan Hale) and Dejah Coleman (Lakeside) will be our onsite trainers.

## **10. Timing/Scoring**

- a) A runner will be scored for his/her individual and team place.
- b) A FinishLynx FAT digital photo finish camera timing system will be used in conjunction with the chip timing system as the official timer and scoring system for the event.
- c) Coaches: To ensure a clean and clear photo as the racers finish, runners shall not manipulate their personal stopwatches or remove their bib number and/or bib number tear-off tags prior to entering the finish chute.
- d) Coaches: Train runners to run through the finish line and into the finish corral. Runners must cooperate with finish line personnel. Diving at the finish line may be judged as an impediment to other runners and may result in disqualification of the diving runner.
- e) Runners and coaches are to stay clear of all finish line cameras and the official timer at all times during the race.

## **11. Scoring / Results**

- a) The team score shall be determined by totaling the points scored by the first five (5) runners to finish from each team. If fewer than five (5) runners finish for any team no

score will be listed for that team. Individual finishers will not be counted in the team scoring.

b) If we have a tie within the team scoring, it will be broken by comparing the 6th place finisher from the tied teams. 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 from both teams that tie, the team scoring shall be resolved by totaling the scores of the first four (4) finishers.

c) Race results will be available approximately 30 minutes after each race.

d) Results will also be posted at athletic live and 1 mile splits. Official results will be posted on [www.athletic.net](http://www.athletic.net) following the meet.

## **12. Awards**

Team and individual awards will begin shortly after the final race at the finish line area on Field 7 - around 5:15pm