

WESTSIDE CLASSIC



**CROSS COUNTRY
CHAMPIONSHIPS 2009**

General Information

- I. The Westside Cross Country Classic organizing committee consists of Shelly Thiel, West Central District III Director; Daylene Boehm, WCD III Cross Country Chair; John Payne, Meet Director; Joe Clark (Lakes H.S. Cross Country Coach), Assistant Meet Director; Joel Wingard (Peninsula H.S. Cross Country Coach), Assistant Meet Director; Jerry Bamburg (Highline H.S. Athletic Director), Referee; Ed Santos (South Kitsap H.S. Athletic Director); Tim Tubbs (Enumclaw H.S. Athletic Director).
- II. The Westside Cross Country Classic is made up of ten state qualifying races.
 - A. **1B/2B Girls** from Districts 1, 2 and 3 compete in a 12–team race with **1 team** and the top **5 placing individual** runners advancing to the State meet in Pasco.
 - B. **1B/2B Boys** from Districts 1, 2 and 3 compete in a 12–team race with **3 teams** and the top **15 placing individual** runners advancing to the State meet in Pasco.
 - C. **1A Girls** from Districts 1, 2 and 3 compete in a 16–team race with 6 teams and the top 30 placing individuals advancing to the State meet in Pasco.
 - D. **1A Boys** from Districts 1, 2 and 3 compete in a 16--team race with **6 teams** and the top **30 placing individuals** advancing to the State meet in Pasco.
 - E. **2A Girls** from Districts 2 and 3 will compete in a 9-team race with **2 teams** and the top **10 placing individual runners** advancing to the State meet in Pasco.
 - F. **2A Boys** from District 2 and 3 will compete in a 9--team race with **2 teams** and the top **10 placing individual runners** advancing to the State meet in Pasco.
 - G. **3A Girls** from Districts 3 and 4 will compete in a 16-team race with 8 teams and the top **40 placing individual** runners advancing to the State meet in Pasco.
 - H. **3A Boys** from Districts 3 and 4 will compete in a 16-team race with 8 teams and the top 40 placing individual runners advancing to the State meet in Pasco.
 - I. **4A Girls** from District 3 will compete in a 16-team race with 6 teams and the top 30 placing individual runners advancing to the State meet in Pasco.
 - J. **4A Boys** from District 3 will compete in a 16-team race with 6 teams and the top 30 placing individual runners advancing to the State meet in Pasco.
- III. ELIGIBILITY. All participants must be eligible under WIAA Rules and Regulations.
- IV. NO PRACTICE ON THE RACE COURSE WILL BE PERMITTED. The racecourse will be open for walk/run through from 2:30 pm until 5:30 pm on Friday, October 30, and from 8:00 am until 10:30 am on Saturday, October 31, 2009. The racecourse consists of two (2) laps on a 2500-meter loop. **Team packets will be available on Friday, one packet per school.**
- V. AWARDS. A trophy will be awarded to the first (1st) place team and the second (2nd) place team in each race. Pins will be awarded the first three (3) individuals in each race. Ribbons will be awarded to seven (7) members of each team that qualifies for the state meet and to all runners who finish within the individual qualifying places for the state meet.
- VI. FIRST AID. Sports trainers and an EMT will be on site throughout the day of the meet.
- VII. T-SHIRTS. Westside Classic Meet T-shirts will be available on Friday and Saturday for \$18.
- VIII. CONCESSIONS. A concessions stand will be open on the meet day.

RACE TIMES

	Opening Ceremonies	10:15 am
	Race	Awards
CLASS 1B/2B GIRLS	10:30 am	11:20 am
CLASS 1A GIRLS	11:00 am	11:50 am
CLASS 2A GIRLS	11:30 am	12:20 pm
CLASS 1B/2B BOYS	12:00 noon	12:50 pm
CLASS 1A BOYS	12:30 pm	1:20 pm
CLASS 3A GIRLS	1:00 pm	1:50 pm
CLASS 4A GIRLS	1:30 pm	2:20 pm
CLASS 2A BOYS	2:00 pm	2:50 pm
CLASS 3A BOYS	2:30 pm	3:20 pm
CLASS 4A BOYS	3:00 pm	3:50 pm

Westside Classic Meet Procedures

Rules - The 2009 National Federation Track and Field Rules and Records and the 2008-09 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, Jerry Bamburg. The Referee's decision may be appealed to the Jury of Appeals. The Jury of Appeals will be composed of experienced cross country officials and coaches. PROTEST FORMS WILL BE AVAILABLE AT MEET HEADQUARTERS.

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 jewelry (NONE can be worn including Live-Strong and string woven bracelets), T-shirts, spandex, etc (SAME SINGLE COLOR if worn by more than one team member).

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

Lane Assignments

- a. A draw for lanes will be made prior to the meet by the Games Committee.
- b. All individual runners from a League/Sub-District will be placed in a single lane in order of their finish in the League/Sub-District meet and teams will draw for lanes. If more than six (6) individual runners qualify from an individual League/Sub-District, lanes adjacent to the league/sub-district's lane will be used to accommodate these additional runners.
- c. Lanes will be wide enough to accommodate at least three (3) team members across the front row.

Timer on the Course - A clock will be placed at the one (1) mile point to display times during the meet. No other timers will be permitted on the course.

Scoring Procedure

- a. 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.

Coaches: Train 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.

- b. 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.wcd3.org, www.watfx.com and www.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 referee and the jury of appeals only.

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 - Trophies, medals and ribbons for each race will be presented approximately 50 minutes after the conclusion of the race.

Notes Notes Notes Notes Notes

WESTSIDE CLASSIC REGISTRATION

1. All Coaches must register their teams on athletic.net. Entries for the Westside Classic will be downloaded from the athletic.net website. To register go to www.athletic.net and follow the instructions for registering your team. BE SURE YOU GO TO NOVEMBER 1 AND SELECT WESTSIDE CLASSIC. ALSO YOU MUST REGISTER YOUR ATHLETES FOR THE APPROPRIATE RACE. Teams may enter 9 runners, but only 7 may run the race. If your team does not qualify, please, revise your registered runners to show only those individuals who are actually racing by Monday, October 26.
2. At the conclusion of the Sub-District/League meet, meet directors shall hold a meeting with coaches of all teams and individuals who qualify for the Westside Cross Country Classic to distribute necessary forms and confirm entries to the Classic. Sub-District/League meet directors shall fax or e-mail team rosters, names of individual qualifiers and results to (253) 583-5558 or dyearsle@cloverpark.k12.wa.us immediately following the meet. *E-mail is preferred!*
3. 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 Westside Cross Country Classic 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 Westside Cross Country Meet. (Only these runners may advance to the State Meet as a team).
4. Substitution of Runners
 - a. When an individual contestant cannot compete at the next higher meet (sub-district/league to district), it is the responsibility of the principal of the school of the indisposed contestant to notify the appropriate meet manager, who in turn will notify the principal of the next individual qualified contestant.
 - b. 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.
 - c. 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.

CONCLUSION OF THE MEET

Coaches of teams or individuals who qualify for the State meet must confirm their rosters with the meet director before leaving the meet site on Saturday!

DAY OF MEET PROCEDURES

COMPETITORS

1. **Team buses and vans should follow the security officer's directions to parking and discharge teams after parking in the designated area.**
2. Each school will receive two (2) passes for coaches of the girls team and two (2) for coaches of the boys team plus one (1) pass for a manager. The head coach is responsible for leaving a pass with the coach's name for any coaches not arriving with the team at the Pass Gate. Additional passes must be requested at www.wcd3.org by noon Wednesday, October 28. Members of the WSCA will be admitted to the Westside Classic with a current WSCA Membership card and photo ID.
3. Coaches pick up packets in the parking lot outside the participants gate to the golf course. **Coach's questions should be directed to the Meet Directors or the Referee.**
4. **Runners will be admitted to the course with a wristband. Coaches and managers will be admitted with wristbands of a different color.**
5. The racecourse will be open for walk/run through from 8:30am until 10:30 am.
6. Runners may warm up for the races in the designated warm up area.
7. **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 SHOULD BE IN THE STARTING AREA.**

SPECTATORS

NO DOGS ARE ALLOWED ON THE AMERICAN LAKE GOLF COURSE!

1. Spectators should park in the designated areas. No parking is allowed anywhere outside the designated parking areas. This is a federal government facility and improperly parked cars may be impounded.
2. **ADMISSION PRICES FOR THE WESTSIDE CROSS COUNTRY CLASSIC**

ADULTS AND STUDENTS WITHOUT ASB CARDS	\$7.00
STUDENTS WITH ASB CARDS AND SENIOR CITIZENS	\$5.00
ELEMENTARY SCHOOL STUDENTS	\$4.00
3. Spectators must remain off the racecourse at all times. The racecourse consists of two laps on a 2500-meter loop. Spectators will be able to watch the races from the roped off area.
4. **Coaches, please, talk to your athletes and parents about this. Spectators are reminded to stay off the putting greens, tee boxes, and to stay out of the bunkers.**

RACE COURSE

1. The Westside Cross Country Classic racecourse consists of two (2) laps of a 2500-meter loop. **The start and finish areas have been moved for 2008 to improve the course for the runners.**
2. The course will be marked with directional arrows: red for left turns, yellow for right turns and blue for straight on. The edges of the racecourse will be marked with orange flags. Runners are to remain on the path between the marker flags. Blue flags will be placed on the edge of the course at each 500-meter mark.
3. The starting area is closed to all but competitors, coaches, officials and team managers.
4. 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.