

2009 Section 3AA Cross Country Championship and State Qualifying Meet

Minnesota State High School League

Day & Date: Thursday, October 29, 2009 (Weather alternate - Friday, October 24, 2008)

Schedule: 1:30 p.m. Course open
3:30 p.m. Girls Race (4000 m)
4:15 p.m. Boys Race (5000 m)
5:00 p.m. Awards

Location: Valleywood Golf Course
4851 - 125th Street West
Apple Valley, MN 55124
<http://www.cityofapplevalley.org/Parks/Facilities/Valleywood/directions.html>

Meet Greg Utecht, Meet Director

Management: Jack Zahr, St. Thomas Academy, Athletics Director for Section 3AA Cross Country
Scott Larson, Section 3AA Executive Secretary

Starting Area:	Box - Team	Box - Team	Box - Team
(Boys & Girls)	1 – Visitation/St Thomas Academy	2 - Burnsville	3 - Simley
[drawn at section	4 - Rosemount	5 - Eastview	6 - Richfield
meeting on	7 – Apple Valley	8 – South St Paul	9 - Henry Sibley
Sept. 16, 2009]	10 - Park	11 - Eagan	12 - Prior Lake
	13 – Bloomington Kennedy	14 – Bloomington Jefferson	15 – Academy of Holy Angels

Entrants: Each boys and girls team may enter up to 9 racers. Only 7 shall run in the race. They will be designated by those who report to the clerk of course the day of the meet. Runners will check in by number and name to the clerks no later than 20 minutes before race time.

Entries are due on-line at RaceberryJaM.com by 6:00 p.m. Friday, Oct. 23, 2009.

Please verify that all 9 of your entries are rostered on the state high school league website. The information below in *italic* was provided by the state high school league:

Substitutions for Team/individual Sports with Combine Championships.

After an official squad for a section tournament in cross country running has been certified to the governing committee substitutions for that tournament and for the state tournament are not permitted except under the following conditions:

a) That a physician indicates that a student listed on the certified roster must not participate. This student may return to the tournament squad upon certification, in writing, by the physician to the governing committee. When such a runner is returned to the tournament squad, the runner replaces the substitute.

b) That the governing committee determines that a justifiable emergency indicates a need for the withdrawal of a certified runner. A justifiable emergency does not include the removal of a student from competition once the determination of ineligibility of the athlete by the school.

For this meet, the governing committee is the group listed under meet management above. The certification of the roster occurs at the deadline for roster entry as stated below.

Scoring: Electronic chip timing, placing, and scoring will be provided by John Moran and RaceberryJaM.

Chips will be available in each team's meet packet on race day beginning at 2:15 p.m. There will be 2 chips per runner, 1 per shoe.

Chips are to be returned by team and gender to the specified area prior to the awards ceremony. Schools will be charged \$10 per chip for any not returned the day of the meet.

Games Committee: The Games Committee is composed of Jeff Webber – Burnsville, Tom Sharp – Eastview, Chris Harder – Rosemount, Todd Hierlmaier – Saint Thomas Academy, and Greg Utecht – Meet Manager. This group will be joined by Marc Hoyer – Head Finish Judge should it need to convene as a Jury of Appeals. Meet Starter Dan Dornfeld will be the referee.

Trainer: A certified trainer from the Institute for Athletic Medicine will be on-site on race day beginning at 1:30 p.m.

Uniforms/ Jewelry, etc.: Refer to your copy of the 2009 rules as well as interpretations published by MSHSL for relevant information. Officials do not have the authority to disregard rules and this is not an area the Games Committee has within its jurisdiction. Coaches are responsible for knowing the rules and helping their athletes adhere to them. The MSHSL has ruled that meet management shall have authority regarding any rule modification on uniforms due to harsh weather conditions. Also, please note that the national federation has ruled that watches with GPS capability are NOT allowed for competitors.

Electronic Devices: Rules prohibit the use of electronic devices in competition areas. These refer to athletes, coaches, officials, spectators, and so on. The Games Committee has determined the competition area to be the entire site except for team campsites. Please be sure you and your athletes do not have cell phones, iPods, and so on anywhere near the race course, starting areas, finish areas, or competitors at all times (this includes warm-ups, etc.) The Games Committee has determined that competition areas exist from 3:10 p.m. until the final runner enters the corral in the boys race. Between those times, no electronics!

Race Day Coaches' Meeting: There will be a brief coaches meeting for last minute information at the finish area at 2:00 p.m.

Course Availability: The course will NOT be available to athletes or coaches prior to 1:30 p.m. on race day. Teams that arrive before that time on October 29th will need to remain on the bus until 1:30.

Parking: Parking is limited at the course. Please encourage your fans to carpool to the meet.

Pets: Valleywood does not allow the bringing of pets onto the course. Please have your athletes advise their parents and other fans to leave their pets at home. This is doubly important for the safety of the runners.

Course Cleanup: Teams are asked prior to awards to take some time to clean their campsite areas. We will have a large "garbage bag" for you at check-in. This will help the course and be a nice gesture from the athletes for the city's hospitality.

Shirt Sales: Northwest Designs will again be on site selling various shirt models. The logo has been custom-designed for the meet and reviewed by the Games Committee. The logo is printed at the meet site on the selected shirt and the athlete can also have a portion of the meet-day roster printed on the back which includes the entrants from his/her team.

Supervisory Assistance: We have identified several areas of the golf course (primarily greens and tees) that need to be off-limits to athletes and fans. To help people know where these are, we ask each boys team and each girls team for help.....

Working with your AD, please recruit a parent, staff member, or other unpaid volunteer that will be present on race day. Your school will be assigned an area to keep clear (for example, the 2nd green or the 6th tee). The boys' team volunteer will cover the area during the girls' race and vice versa. We ask that the school personnel (coach or AD) help position the volunteers on race day.

<u>School</u>	<u>Assignment</u>
Academy of Holy Angels	# 5 green
Apple Valley	# 6 tee
Burnsville	# 6 green
Eagan	# 7 tee
Eastview	# 7 green
Henry Sibley	# 8 tee
Jefferson	# 8 green
Kennedy	# 9 tee
Park	# 9 green
Prior Lake	# 1 tee
Richfield	# 2 tee
Rosemount	# 2 green
Saint Thomas Academy & Visitation	# 3 tee
Simley	# 3 green
South Saint Paul	# 4 green

This is a critical function necessary to using the great facility at Valleywood. We very much appreciate your help with this.

Fan Behavior Expectations: The high school league has specific information posted on its site about fan behavior. MSHSL Bylaw 409-2 specifically states that, "School officials shall be held responsible or the proper conduct of teams, team members, students and home spectators regardless\ of where the contest is being held."

In all MSHSL activities, each participating school shall designate a person or persons from that school to serve as crowd control supervisors or chaperones.

Please remind your spectators that they are at the site for cross country. Games Committee members have asked to have a reminder that non-competing athletes and fans should respect the runners preparation and refrain from tossing footballs, Frisbees, and so on. It distracts the runners and detracts from the meet. Our announcer will also ask for their cooperation in this on meet day.

Awards: There are championship plaques to the champion and 2nd place team for both boys and girls. Runners on those teams receive individual team first or second place medals. The top 10 individual runners in each race receive individual medals. These teams and individuals advance to the state meet on Saturday, November 7, 2009. No substitutions are allowed for individual runners. Teams may run any 7 of the 9 entrants they had for the section meet.

Questions: Greg Utecht

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