

# Classic Suburban Cross Country Meet

Day & Date: Tuesday, September 29, 2009

Schedule: 3:45 p.m. Coaches' meeting  
4:00 p.m. Junior High race  
4:30 p.m. Girls Race (4000 m) – all varsity and JV together  
5:00 p.m. Boys Race (5000 m) – all varsity and JV together

Location: St Croix Bluffs Regional Park  
10191 St. Croix Trail S.  
Hastings, MN 55033

[http://www.co.washington.mn.us/info\\_for\\_residents/parks\\_division/parks\\_and\\_trails/st\\_croix\\_bluffs\\_regional\\_park/](http://www.co.washington.mn.us/info_for_residents/parks_division/parks_and_trails/st_croix_bluffs_regional_park/)

Meet Greg Utecht, Meet Director

Management: Jack Zahr, St. Thomas Academy, Athletics Director Liaison

Competing Schools: Henry Sibley (B, G)  
Hill-Murray (B, G)  
Mahtomedi (B, G)  
North (B, G)  
Richfield (B, G)  
Saint Thomas Academy (B)  
Simley (B, G)  
South Saint Paul (B, G)  
Tartan (B, G)

Entrants: Each race has unlimited entrants for this preview meet **Entries are due For V/JV at RaceberryJaM.com by 6:00 p.m. Wednesday, September 23, 2009 (see below)** This will allow the chips to be assigned and ready for each team on the 29<sup>th</sup>.

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

Chips will be available in each team's meet packet on race day by 3:00 p.m. There will be 1 chip per runner to be laced into a single shoe. An official video camera will be used at the entrance to the finish corral to resolve any potential issues with the timing due to the single chip being used. Entrants in the V/JV races will wear an assigned number on the front of their uniform which coaches will receive at check-in.

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.

The junior high race will not be computer scored. Coaches will time their own athletes per tradition.

Games Committee: The Games Committee/Jury of Appeals this season includes the coaches from Mahtomedi, North, and South St. Paul High Schools. Greg Utecht will serve on these groups as well. The meet starter will serve as 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.

Electronic Devices: Rules prohibit the use of electronic devices in competition areas. These refer to athletes, coaches, officials, spectators, and so on. The competition area is really 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.)

Race Day Coaches' Meeting: There will be a brief coaches meeting for last minute information at the **start** area at 3:45 p.m.

Parking: Parking requires the purchase of a daily or seasonal pass from the park. Please inform your parents and spectators of this so they have the funds necessary to enter the park

The conference will pay for your team bus – just stop at the gate and let them know your school's name so we keep track. Drop your athletes at the team camp area, then send the bus around the finish area to the parking area along the roadway west of the start.

Pets: Although the park is pet-friendly, there have been incidents with loose animals at other cross country races in the area. We would ask you to encourage your spectators to leave their pets at home.

Course Maps: Course maps have been drawn showing modifications in the traditional course layouts. These were done in consultation with Jim Beecroft, longtime meet manager, after meeting with coaches this summer. The finish corral area will be the same for boys and girls. They will enter the corral on finish lines that are 90° apart. This will have the girls run a longer area at the finish and a shorter area at the start of the race. The boys will have a slightly different final curve by the parking lot.

Junior high athletes will start at the womens' mark, run out to the signpost #5, turn and run the course back following the line in for the 4000m race. The distance is 2000m.

**Assistance: We are still in need of some workers....please have anyone interested contact Greg on Monday, the 28<sup>th</sup> at a number below.**

Questions: Greg Utecht

(w) 952-232-2060 (leave a message---the voicemail pages me)

(c) 952-220-5962

(h) 952-432-3029

(e) [gutecht@unique-software.com](mailto:gutecht@unique-software.com) (e[work]) [grutecht@isd194.k12.mn.us](mailto:grutecht@isd194.k12.mn.us)