

Idaho High School Activities Association

2005 State Cross Country Meet Manual



**United Dairymen of Idaho
The Official Sponsor of IHSAA
State Championship Events**

2005-2006 State Tournament Host Hotels

The following hotels have agreed to serve as the 2005-2006 State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge member schools to patronize these Partners in Youth Development.

EAST BOISE

HOLIDAY INN	3300 Vista Ave.	208-344-8365
DOUBLETREE CLUB HOTEL	475 W. Parkcenter Blvd.	208-345-2002
RED LION PARKCENTER	424 E. Parkcenter Blvd.	208-342-1044
HAMPTON INN	3270 S. Shoshone	208-331-5600
FAIRFIELD INN BY MARRIOTT	3300 S. Shoshone	208-331-5656

WEST BOISE / NAMPA

SPRINGHILL SUITES	6325 N. Cloverdale Rd, Boise	208-939-8266
SHILO INNS & RESORTS		
Nampa Suites	1401 Shilo Dr., Nampa	208-465-3250
Nampa Blvd	617 Nampa Blvd., Nampa	208-466-8993
Boise Airport	4111 Broadway, Boise	208-343-7662
Boise Riverside	3031 Main, Boise	208-344-3521
HAMPTON INN, MERIDIAN	875 S. Allen, Meridian	208-887-3600
RODEWAY INN	1115 N. Curtis Rd., Boise	208-376-2700

COEUR D'ALENE AREA

COEUR D'ALENE INN	414 W Appleway, CDA	208-765-3200
SHILO INN	702 W Appleway, CDA	208-664-2300
TEMPLIN'S RESORT	414 E. First Ave, Post Falls	208-773-1611

IDAHO FALLS AREA

SHILO INN	780 Lindsey Blvd., IF	208-523-0088
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LEWISTON AREA

RED LION LEWISTON	621 21st St., Lewiston	208-748-1000
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MOSCOW AREA

UNIVERSITY INN	1516 Pullman Rd	208-882-0550
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POCATELLO AREA

CALL POCATELLO CONVENTION AND VISITORS BUREAU		208-235-7659
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TWIN FALLS AREA

SHILO INN	1586 Blue Lakes Blvd., T.F.	208-733-7545
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Idaho State Cross Country Championships
EAGLE ISLAND STATE PARK
October 29, 2005

Welcome

The Idaho High School Activities Association welcomes you to the 2005 State Cross Country Championships - an event which is the culmination of countless hours of dedicated training by 600+ outstanding Idaho student-athletes. We hope it will be an enjoyable and rewarding experience for all participants. Thanks go to those who are working diligently to make this year's meet a successful event, especially Tim Severa, Dave Mills, Eagle Island staff, District III coaches and community volunteers.

This manual has been prepared to provide information for administration of IHSAA sponsored cross country meets. Although intended as a guideline to establish uniformity, it specifically addresses state tournament rules and regulations.

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Idaho High School Activities Association

QUALIFYING STANDARDS FOR STATE CROSS COUNTRY

Team: The number of teams that qualify to the state meet shall be determined by the following procedure:

- 1 Teams that finish in the top one-half, or major portion thereof, of the full teams that complete the district meet shall qualify for the state meet. If a tie exists in the final qualifying position, both teams shall advance.
2. If a school is unable to participate as a full team in the district meet due to circumstances beyond their control (e.g. 5th runner is injured, bus breaks down, etc.), the school shall be included in the count that determines the number of qualifying teams, provided they competed as a full team (at least five members) in six meets during the regular season.
3. If only two full teams compete at the district/regional meet, the second place team may be eligible for an at-large berth to the state meet by the following procedure:
 - a. The district meet manager submits an at-large qualifying request to the IHSAA by 8:00 a.m. Sunday prior to the state meet.
 - b. Representatives from each district will determine which, if any, teams should qualify by evaluating: 1) head to head competition with teams from their district and surrounding districts; 2) time average for the team's top five runners from their final five meets of the regular season.

Individual: Runners whose team does not qualify, may qualify as individuals by finishing in the top one-third of the total number of competitors that complete the district meet. A maximum of seven runners per school shall be counted in determining the total number of competitors.

Hardship Qualification: An individual may receive a hardship qualification to the state cross country meet if he/she meets #1 and #2 or #3 of the following criteria:

1. Finish in the top 1/3 at the last four meets prior to the district/regional meet.
2. Fail to finish in the top 1/3 at the district/regional meet because of a situation beyond their control (e.g., being fouled by a spectator).
3. Being unable to compete in the district/regional meet due to an injury or illness as certified by a licensed medical practitioner. The certification must specify that participation at the state meet is allowed.

Honest Effort Rule: If a runner starts, but does not finish, the district meet, he/she shall be included in the count that determines the number of qualifying teams and individuals, provided the district manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the runner's control.

STATE MEET INFORMATION

October 29, 2005 – Eagle Island State Park

Meet Directors: Tim Severa, Dave Mills
IHSAA Administrator: Diane Wolf

Schedule of Events

Course Open for Preview: Friday, Oct. 28, 2:00 - 5:00 p.m.; Saturday, Oct. 29, 10:15-11:15
Coaches' Meeting: Friday, Oct. 28, 8:00 p.m., Borah High School, 6001 Cassia, Boise
Workers' Meetings: 1. Both WAC and high school race workers: Sat. 7:30 a.m. @ Park Pavilion
2. High School race workers only: Sat. 10:00 a.m. @ Park Pavilion
First Call: 11:15 a.m. (no course preview permitted after 11:15)
First Race: 11:30 a.m. (4A Girls)

Order of Races (Times are approximate)

Race 1:	11:30	4A Girls	Race 2:	12:00	5A Girls
Race 3:	12:30	4A Boys	Race 4:	1:00	5A Boys
Race 5:	1:30	2A Girls	Race 6:	2:00	3A Girls
Race 7:	2:30	2A Boys	Race 8:	3:00	3A Boys

Race order is set to allow more coaching time with both girls and boys and is rotated yearly. Awards ceremony will be held ASAP after the boys' race in each classification.

State Course Map – Eagle Island State Park

Course Description

The course at Eagle Island State Park is two loops of the same route around the lake. It is generally flat with several turns. Each lap has one short, steep hill. Runners will cross one asphalt path, but the majority of the course is grass and dirt trails.

Location of Eagle Island State Park

Eagle Island is located west of Eagle, off Linder Rd., between Highway 20 (Chinden Blvd.) and Highway 44 (State Street).

Parking/Entry Fee

A \$5.00 per car entry/parking fee will be charged to all private vehicles. Team busses will be admitted free of charge. Please park in designated areas.

WAC Championships

Boise State University will host the WAC cross country championships on Saturday prior to the IHSAA meet. Running times are: Women (5000m) 9:00; Men (8000m) 9:35. Please note that on Saturday, high school runners will not be allowed on the course until 10:15 am.

Contestant Numbers

Each team packet will contain pre-assigned numbers. There are two numbers per participant. They are the same number, but one has a tear-off tag on the bottom. **The number with the tear-off tag must be pinned to the runner's upper back.** The number without the tear-off portion shall be pinned both top and bottom on the **chest**. Coaches: Please ensure that each runner is wearing his/her assigned number and that the numbers on the back and front match.

Awards

Awards will be presented immediately following the boys' race of each classification. (Other races may be in progress during awards.)

Team Awards: Trophies will be awarded to the champion, runner-up, third and fourth place teams for boys and girls in 5A, 4A, 3A, and 2A. Championship banners from the United Dairymen of Idaho will be awarded to all first place teams. All seven members of first place and second place teams will receive medals.

Individual Awards: The top twenty individual finishers in each division and classification will receive a medal.

Games Committee

The Games Committee is responsible for the proper conduct and supervision of the State Cross Country meet.
2005 Games Committee:

Tim Severa, Dave Mills, Meet Directors
Jerry Kleinkopf, Meet Referee

Jim Nelson, Scoring Supervisor
Diane Wolf, IHSAA Administrator

Concessions

Concessions will be available for purchase during Saturday's races.

Medical Facilities

Medical facilities will be set up near the finish line, and medical personnel will be available at all times during the meet. Coaches - please bring your own taping supplies.

Park Facilities

Eagle Island does not have indoor facilities for runners to gather or dress. Teams should bring their own towels. Note: Do not allow athletes to take towels from your hotel.

Pet Restrictions

It is requested that no animals be brought into the park. If it is imperative to bring one, the animal must be on a leash at all times.

Restrooms

Portable toilets, some with handicap access, will be located around the area.

T-shirts/ Souvenir Merchandise

State Championship merchandise, including t-shirts, sweatshirts, and other items will be available for purchase from McU Sports on Friday afternoon and Saturday during the meet.

Hotels/Motels

There are several lodging options in the west Boise/Meridian area. The host hotel for state cross country is:

SPRINGHILL SUITES 6325 N. Cloverdale Rd, Boise 208-939-8266

Hotel Conduct/Supervision

Please make sure your athletes are properly supervised at all times. Coaches are strongly encouraged to check rooms closely upon arrival and again at departure.

CROSS COUNTRY RULES 2005

Classification (based on grades 9-12)

Class 5A	1280 and over	Class 3A	639-320
Class 4A	1279-640	Class 2A	319 and under

Governance

National Federation rules will be followed in all Idaho cross country meets. Cross country rules are included in the National Federation Track and Field Rules Book issued in spring of preceding school year.

Scheduling Requirements / Limitations

No team or individual shall participate in more than nine meets per season; nor exceed two meets per week. A contestant who exceeds the limitation will become ineligible for district, state, or any other additional IHSAA cross country meet.

Road Runs

Cross country runners are not permitted to participate in road runs, fun runs, etc. during the season August 12 to October 29.

Team Size

Five runners are required to be considered a full team. A maximum of 7 runners per school may enter the state meet. If fewer than 5 members finish the state meet, it will be for individual honors only.

Scoring

Team scores are determined by adding together the places of finish for a team's top 5 finishers. If fewer than 5 competitors of a team finish, the places of all members of that team shall be disregarded and team scores will be re-ranked.

Ties in team scoring shall be resolved by comparing the sixth place finisher from the tying teams. The team with the best sixth place finisher shall prevail. If only five runners of the tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

Disqualifications

Contestants guilty of the following infractions shall be disqualified:

1. False start
2. Interference with another runner. Interference is any action that unfairly changes the course or natural running rhythm of another
3. Receiving assistance from another person that could improve performance. Assistance includes:
 - a) Pacing a runner or being stationed near the course for the purpose of aiding a runner
 - b) Runners joining hands or grasping each other during a race
 - c) Runner using an aid during a race (handing water to runner is ok)
4. Failure to complete the legally marked, prescribed course
5. Wearing an illegal uniform or number
6. Unsportsmanlike conduct Includes, but is not limited to: disrespect towards official; use of profanity; taunting or criticizing an opponent ; willful failure to follow the directions of meet officials. This includes contestants, coaches, and other school personnel.

Uniforms

1. Cross country uniforms consist of a full-length-jersey and cross country shorts or one-piece uniform issued by the school.
 - a. Shorts may vary in length and style, but must of the same color for all team members;
 - b. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls;
 - c. The jersey and shorts or once piece uniform may have school identification and the jersey may have the competitor's name;
 - d. The jersey shall not be knotted or have a knot-like protrusion;
 - e. A single manufacturer's logo/trademark, no more than 2 1/4 square inches with no dimensions more than 2 1/4 inches is permitted on each item of apparel;
 - f. The American flag, not exceeding 2x3 inches, is permitted;
 - g. French or high-cut apparel may be worn under the shorts, but not in lieu of shorts.
2. Uniforms must be worn as intended by the manufacturer. The waistband of the shorts shall be worn above the hips. Jersey tops must be long enough to cover the waistband of the shorts.
3. Each team member shall wear the same color and design school uniform. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color. If worn by more than one team member, that apparel must be the same color, but not necessarily the same length.
4. Shoes must be worn. Shoes must have both an upper (which can be fastened securely to the foot) and a definitely recognizable sole and heel. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. Slippers or socks do not meet the requirement of this rule.
5. (Idaho Modification) Headwear may be worn in inclement weather only, unless otherwise prescribed by a medical professional. Hats and/or headbands shall be of a solid color and fit snugly to the head. Scarves and headwear with brims or loose, hanging parts are not permitted.
6. A competitor shall wear the assigned unaltered contestant number, when numbers are used.
7. Removing any part of the team uniform (excluding shoes) while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event.

2004 STATE CROSS COUNTRY CHAMPIONS

Kelly Park – Soda Springs

5A Boys
Individual: Michael Armon Coeur d'Alene
Team: Capital Rob Parsons

4A Boys
Individual: Jason McKee Century
Team: Hillcrest Bob Hagert

3A Boys
Individual: Dallas Eborn Bear Lake (repeat)
Team: Bear Lake Don Golding

2A Boys
Individual: Keane Schuler Soda Springs
Team: Firth Brett Hill

5A Girls
Hilary McClendon Eagle
Coeur d'Alene Cathy Compton

4A Girls
Carissa Lee Jerome
Bishop Kelly Tom Shanahan

3A Girls
Sheralyn Davidson Bear Lake (repeat)
Bear Lake Don Golding

2A Girls
Lacey Holder Firth (repeat)
Firth Brett Hill

RECENT TEAM CHAMPIONS

	<u>YEAR</u>	<u>BOYS</u>	<u>GIRLS</u>	<u>SITE</u>
5A	2003	Borah	Borah	Eagle Island State Park
	2002	Idaho Falls	Meridian	Farragut State Park
	2001	Meridian	Meridian	Freeman Park, IF
	2000	Capital	Meridian	Eagle Island State Park
4A	2003	Hillcrest	Bishop Kelly	Eagle Island State Park
	2002	Hillcrest	Sandpoint	Farragut State Park
	2001	Bishop Kelly	Bishop Kelly	Freeman Park, IF
	2000	Vallivue	Vallivue	Eagle Island State Park
3A	2003	Gooding	Bear Lake	Eagle Island State Park
	2002	Preston	Salmon	Farragut State Park
	2001	Preston	Preston	Freeman Park, IF
	2000	Preston	Preston	Eagle Island State Park
2A	2003	Firth	Firth	Eagle Island State Park
	2002	Firth	Firth	Farragut State Park
	2001	Firth	Malad	Freeman Park, IF
	2000	Firth	Malad	Eagle Island State Park