



## CROSS COUNTRY CHAMPIONSHIP INFORMATION

Rich Ames, District One Cross Country Chairperson

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215-822-8881

**Thursday, October 29, 2020 and Friday, October 30, 2020**

**Ppd to: Monday, November 2, 2020**

**Tyler State Park, Newtown, PA**

**ORDER OF RACES:** Races will not start before the listed time.

- Revised (10/27/20)
  - 9am – 1A Girls
  - 9:30am – 1A Boys
  - 10am – 2A Girls
  - 10:30am – 2A Boys
  
  - 12pm – 3A Girls (race1)
  - 12:30pm – 3A Girls (race2)
  
  - 1:30pm – 3A Boys (race1)
  - 2:00pm – 3A Girls (race2)

### **Thursday, 10/29 – Girls**

~~Girls 1A – 9:30 am (arrive at 8:30, leave by 10:45)~~

~~Girls 2A – 10:30 am (arrive at 9:30, leave by 12:15)~~

~~Girls 3A – 12 pm (arrive at 11am)~~

~~Girls 3A – 12:30 pm~~

### ~~Friday, 10/30 – Boys~~

~~Boys 1A – 9:30 am (arrive at 8:30, leave by 10:45)~~

~~Boys 2A – 10:30 am (arrive at 9:30, leave by 12:15)~~

~~Boys 3A – 12 pm (arrive at 11am)~~

~~Boys 3A – 12:30 pm~~

***No Unseeded Races in 2020***

In order to adhere to the Governor and the [Department of Education's Outdoor Event Recommendations](#) we ask the following:

- Teams are not to arrive until 1 hour before their scheduled race start time.
- We respectfully request that no spectators attend the races.

*The meet will be live streamed on Instagram Live @Hendytrackxc*

**INDIVIDUAL and TEAM AWARDS** – will not be distributed at the meet this year. Schools and individuals will be sent their awards.

**XC COURSE:** Tyler State Park map – last page of document

**PARKING INFORMATION:**

- Parking will be available in the lots indicated on the map. **DO NOT PARK ON GRASS.**
  - There are specific designated parking areas for school transportation vehicles (buses, vans, and cars) meet officials, and meet management.
- **Team Buses may park at CR South HS**
  - We respectfully request that no spectators attend the races.

## **D1 CHAMPIONSHIP RACE REGISTRATION: [PA MILE SPLIT](#)**

**ENTRIES OPEN: SATURDAY, OCTOBER 17<sup>th</sup>**

**ENTRIES CLOSE: MONDAY, OCTOBER 26<sup>th</sup> (11:59 PM)**

- Entries must be completed in [PA MILE SPLIT](#) by this date and time – NO EXCEPTIONS
- Follow the entry instructions on PA Mile Split to enter your teams.
- **REGISTRATION QUESTIONS:**
  - **Remember: only Enter the 3A race if you qualified**
  - CALL Rich Ames at 215-822-8881 or Gail Rich 610-662-6678.

### **IMPORTANT 2020 DISTRICT XC INFORMATION**

***All runners must be entered through [PA MILE SPLIT](#).***

- Seeded races only 7 runners
- Whoever runs in the varsity race has a number – no “substitutions” will need to be made on race day.

### **VARISTY RACE INFORMATION: 1A / 2A / 3A SCHOOLS**

- You may list 7 VARSITY names on your Mile split entry.
- To vie for the team championship in the seeded race, **you must run at least five but no more than seven individuals.**
- If you are not competing for a team championship, you still may run up to and including seven individuals in the seeded race.

### **TEAM AND INDIVIDUAL PACKETS:**

- Team and individual packets may be picked up on the day of the meet at the Officials area/trailer.
- These packets contain 1 (one) “bib” for each of your VARSITY runners – make sure the correct bib is worn by the correct athlete. Bib Numbers are to be pinned to the jersey of each runner.
  - ***(BRING YOUR OWN SAFETY PINS)***.

- Bibs are NOT returned at the end of the meet
  - REMINDER: All Teams / Individuals going to the PIAA Championship Meet will need to fill out additional paperwork. Please report to “Bib Area” to fill out PIAA Paperwork.

**FACILITIES:** Teams should arrive dressed to compete. There will be restroom facilities but no facilities for changing or cover for warm up.

- *No Team Tents are allowed*
- *Coaches are reminded to monitor and supervise Student-Athletes at all times. All PA Department of Health and Education guidelines must be followed.*
- *Student-Athletes will wear masks at the starting blocks and will be able to remove their masks before the start of the race.*

**MEDICAL:** Certified Athletic Trainers (ATC) will be located in a Tent by the Finish Line.

- Athletes needing taping must supply their own tape/bandages.
- Emergency Medical Ambulance will be on site located behind the start/finish line area.

**COURSE REVIEW:**

- Course Review is available on October 26<sup>th</sup> – 28<sup>th</sup>
- Course Review on the day of the race will be permitted until the first race begins.
- NO COURSE REVIEW after the start of the 1<sup>st</sup> race.

**INDIVIDUAL AND TEAMS QUALIFICATIONS TO THE DISTRICT MEET – 2020**

- Due to the COVID-19 and the outdoor restrictions recommended by the Governor, PA Department of Health and the PA Department of Education, the following procedures will be followed for entering teams and individuals into the D1 Championship.
- Head Coach and assistants are permitted to attend. Non-competing student-athletes or team managers may not attend Championship races.
- **1A and 2A** races will be open. Max. 7 runners from each team
- Leagues with **3A** schools will enter top teams and individuals into the District Championships.

1A BOYS - 8 teams	1A GIRLS - 9 teams
2A BOYS - 7 teams	2A GIRLS - 10 teams
<p>3A BOYS - 53 teams</p> <p>19 teams / 30 Individuals (subject to change)</p> <p><del>Central League</del> – 12 teams (Top 4 Teams / Top 5 individuals)</p> <p><b>Ches-Mont</b> – 12 teams (Top 4 Teams / Top 5 individuals)</p> <p><b>PAC</b> – 9 teams (Top 3 Teams / Top 5 individuals)</p> <p><b>SOL – Colonial</b> – 6 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Liberty</b> – 6 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Patriot</b> – 5 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Freedom</b> – 2 (Top 1 Team only if 3A Team is Champ / Top Runners)</p>	<p>3A GIRLS - 54 teams</p> <p>19 teams / 30 Individuals (subject to change)</p> <p><del>Central League</del> – 12 teams (Top 4 Teams / Top 5 individuals)</p> <p><b>Ches-Mont</b> – 12 teams (Top 4 Teams / Top 5 individuals)</p> <p><b>PAC</b> – 9 teams (Top 3 Teams / Top 5 individuals)</p> <p><b>SOL – Colonial</b> – 6 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Liberty</b> – 6 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Patriot</b> – 5 (Top 2 Teams / Top 5 individuals)</p> <p><b>SOL – Freedom</b> – 2 (Top 1 Team only if 3A Team is Champ / Top Runner)</p> <p><b>AACA</b> – 1 team</p>

**SUBSTITUTIONS:** *All Competitors must be registered through MileSplit. Whoever runs in the varsity race has a number, therefore **no “substitutions” need to be made on race day***

- In the event a Substitution needs to be made on race day:
  - Bring a 3x5 card to Rich Ames or Michael Kelly at the Finish Line
  - Include the following information before the 1st race:
    - SCHOOL
    - RACE: BOYS or GIRLS / CLASSIFICATION
    - RUNNER’S NAME - OUT
    - RUNNER’S NAME – IN

**MEET RESULTS:** can be found at <https://pa.milesplit.com/meets/365149/info#.XWbEcuHkiUk>

### **METHOD OF STARTING:**

- Team position will be drawn in random manner prior to the meet. The Line-up will be available in a handout at the trailer.
- Teams must be in the same uniform
- Teams will report to the starting line ***no later than 5-10 minutes prior*** to the scheduled race time.
- Coaches are requested to stay behind the Start Area.
- “Run outs” will be allowed until 2 minutes before the race. There are no “run outs” after teams are called to the line by the starter.
- Starting will be by the Block method on the start line for all races.
- Starting line position will be available in your team packet for all races.

### **METHOD OF SCORING:**

- Scoring will be the same as is done at the state meet. If you have fewer than five (5) finishers you will not earn a team score. Those places will be removed from the scoring process and everyone else will be moved up (re-ranked).

### **INDIVIDUAL and TEAM DISTRICT CHAMPIONSHIP AWARDS:**

- ***No Awards ceremony at the Championship Event***
- D1 Team Champion receives a team trophy and 8 team medals. Team Runner up receives 8 team medals.
- Individual Medals: 3A top 25 / 2A top 10 / 1A top 10 receive medals.

## **PIAA CHAMPIONSHIP INFORMATION:**

**NOVEMBER 7, 2020 – HERSHEY, PA**

### **D1 QUALIFIERS to PIAA CHAMPIONSHIPS:**

- 3A schools – top **1 team** and top **13** non-team finishers.
- 2A schools – top **1 team** and top **5** non-team finishers.
- 1A schools – top **1 team** and top **5** non-team finishers

**Coaches must remember to fill out Individual and/or Team Rosters for the PIAA State Championship Meet. This must be done on the forms in the area where races bibs were picked up.**

The **PIAA STATE XC COURSE** will be used at the PIAA Invitational in late September – the course map should be posted on the PIAA Website.

**ADDITIONAL PIAA INFORMATION:** The PIAA strongly recommends that you view the cross country rules interpretation presentation online and answer the question at the conclusion. It is your responsibility to make sure your team will be in compliance with current rules.

- Go to the **PIAA website, cross country page**, click on rules presentation. Concentrate on the rules dealing with XC.

**PIAA STATE CROSS COUNTRY MEET REGISTRATION FORM**

**FORM MUST BE TURNED IN BEFORE YOU LEAVE THE DISTRICT ONE CHAMPIONSHIP MEET.**

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_

CELL PHONE (\_\_\_\_) \_\_\_\_\_ HOME PHONE (\_\_\_\_) \_\_\_\_\_

Athletes competing in the state meet: **(PLEASE PRINT)**

	<u>First Name</u>	<u>Last Name</u>	<u>Grade</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____

A coach from each member school that has qualified a team or non-team individual(s) to the 2019 PIAA Cross Country Championships must accompany and supervise those persons representing that member school.

The member school may send a full-time professional employee of the school district in lieu of a coach for the purpose of accompanying and supervising the member school's qualifiers to this state meet. This full-time professional employee must be a properly designated representative of the school of the qualifiers and that individual must be fully responsible for supervision of the qualifiers.





## **COVID-19 WARNING**

COVID-19 IS A CONTAGIOUS DISEASE THAT CAN LEAD TO SEVERE ILLNESS AND COMPLICATIONS EVEN DEATH. SENIOR CITIZENS AND THOSE WITH UNDERLYING HEALTH CONDITIONS ARE ESPECIALLY VULNERABLE.

THEREFORE, ALL PERSONS MUST WEAR MASKS, MAINTAIN SOCIAL DISTANCING, AND FOLLOW POSTED INSTRUCTIONS WHILE IN THIS STADIUM/GYM AND WHILE ON THE GROUNDS.

**BY ENTERING THE STADIUM/GYMNASIUM AND STADIUM/GYMMASIUM GROUNDS, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19.**