



CROSS COUNTRY CHAMPIONSHIP INFORMATION

Rich Ames, District One Cross Country Chairperson

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215-822-8881

Friday, October 25, 2019 - LEHIGH UNIVERSITY

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

- 9:30 a.m. – GIRLS 1A (7 max.)
- 10:00 a.m. – GIRLS 2A (7 max.)
- 10:30 a.m. – GIRLS 3A (7 max.)
- 11:00 a.m. – BOYS 1A (7 max.)
- 11:30 a.m. – BOYS 2A (7 max.)
- 12:00 p.m. – BOYS 3A (7 max.)
- 12:40 p.m. – BOYS NON-SEEDED (no max.) – note start time
- 12:45 p.m. – GIRLS NON-SEEDED (no max.) – note start time

INDIVIDUAL and TEAM AWARDS SCHEDULE (Presentation in Football Stadium)

Please have your teams and athletes in the stadium on time

- **1A Boys and Girls** – after the 1A Boys Race (approx. 11:45)
- **2A Boys and Girls** – after the 2A Boys Race (approx. 12:15)
- **3A Boys and Girls** – after the Unseeded Races (approx. 1:30)

XC COURSE: [Lehigh University 5K Course Map](#)

LEHIGH PARKING INFORMATION:

- Parking will be available in the lots indicated below. **DO NOT PARK IN ANY OTHER AREAS.**
 - **Stabler Arena Parking** lot is located behind Stabler Arena. This lot is to be used by all spectators and all school buses, vans, cars, or vehicles transporting athletes.
 - There are specific designated parking areas for spectators, school transportation vehicles (buses, vans, and cars) meet officials, and meet management.
- NO PARKING on the course, grass areas or on College Ave or other roads on Lehigh's Campus.
- NO PARKING or Dropping Off behind the Starting Line Area.
- It is your responsibility to pass this information on to parents, spectators and school bus drivers.

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

- **ENTRIES OPEN: SATURDAY, OCTOBER 12th**
- **ENTRIES CLOSE: MONDAY, OCTOBER 21st (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:**
 - CALL Rich Ames at 215-822-8881 or Gail Rich 610-662-6678.

IMPORTANT 2019 DISTRICT XC INFORMATION

All runners (varsity or unseeded) must be entered through [PA MILE SPLIT](#) to be able to run at Lehigh.

- Seeded races only 7 runners will run
- Additional athletes may run in the Unseeded Race.
- Whoever runs in the varsity race has a number – no “substitutions” will need to be made on race day.
- All additional runners on your team must be registered to enter the unseeded races.
- Teams are responsible for payment of additional registrations. Additional bibs will not be paid for by District 1.

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.
- The rest of your runners will run in the unseeded race.

UNSEEDED RACE INFORMATION:

- Any athlete (VARSITY or UNSEEDED) who competes in the District One unseeded race must be registered through [MileSplit](#)
- Unseeded runner’s registration fee will be \$2.50/athlete.
 - District One will not pay for this fee.
 - Schools are not required to enter Unseeded Runners into the District One Championship event. Unseeded Runners are paid from team funds or by schools as each school decides
 - **PAYMENT for UNSEEDED RACE:**
 - Checks to be made out to “CCRS”
 - CCRS, 24 South High Street, West Chester PA 19382
 - Mail payment or bring payment the day of the race
 - Do not send payment to District One Office.
 - NO RACE DAY REGISTRATION
 - Students without a registered bib number will not be permitted to compete
 - All runners in the unseeded race must be in a team uniform

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

SUBSTITUTIONS: *All Competitors (Varsity or Unseeded) 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

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 and UNSEEDED 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.

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 15 minutes prior*** to the scheduled race time.
- Coaches are requested to stay behind the Start Area.
- **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).

FACILITIES: Teams should arrive dressed to compete. There will be restroom facilities at the Football Stadium but no facilities for changing or cover for warm up. **Stabler Arena and Rauch Field House will not be in use.** There will be no entry into the football stadium until the awards ceremony...

- **No Dogs allowed on Course**
- **No Football Games or Frisbee throwing on or near the course**

Coaches are reminded to monitor and supervise Student-Athletes at all times to help prevent vandalism and damage to the facilities at Lehigh University.

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.
- Lehigh Facility Staff will have walkie-talkie communication with ATCs and Race Officials.

COURSE REVIEW:

- Course Review is available on the **Tuesday, Wednesday, and Thursday before the District Championship.**
- No review on other dates.
- Course Review on the day of the race will be permitted until the first race begins.
- **NO COURSE REVIEW** after the start of the 1st race.
- When traveling to Lehigh, Park only in available parking lots.
- Do not drive or park on the course or the university grass fields.
- Please respect Lehigh University and their team while they are practicing.

INDIVIDUAL and TEAM DISTRICT CHAMPIONSHIP AWARDS:

- 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.

AWARDS SCHEDULE (Presentation in Football Stadium)

- **1A Boys and Girls** – after the 1A Boys Race (approx. 11:45)
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Please have your teams and athletes in the stadium on time

PIAA CHAMPIONSHIP INFORMATION: **NOVEMBER 2, 2019 – HERSHEY, PA**

D1 QUALIFIERS to PIAA CHAMPIONSHIPS:

- **3A schools** – top **6 teams** and top **30** 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.

PIAA LODGING INFORMATION: Please EMAIL www.tfcaofgp.org to request room information.

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 (____) _____

THE HOTEL & YOU NEED TO BE IN CONTACT FOR PAYMENT INFORMATION ASAP

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.

___ YES I want housing for the state meet

___ # of rooms requested 4 per team/male – 4 for team/female is the limit)

___ NO our school is getting its own housing for the state meet

ROOMING ASSIGNMENTS: TEAMS WHO REQUESTED ROOMS, WILL BE POSTED ON www.tfcaofgp.org NO LATER THAN FRIDAY EVENING AFTER THE RACE (under entry forms, then District 1 xc housing). THE HOTELS WILL TRY TO CONTACT YOU, BUT IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU GET/PROVIDE THE INFORMATION YOU AND THE HOTEL NEED.

9. - NORMALLY they are posted on race day.

SURE YOU GET/PROVIDE THE INFORMATION YOU AND THE HOTEL NEED. #####

11 All runners in the unseeded races must run through each "timing mat" on the course to receive a time - missing a mat will disqualify a runner. Pre-race "psych up" activities are one team only. Activities including more than one team will be treated as "unsporting conduct" and result in the disqualification of the teams involved Please insure your teams are aware and act accordingly.