



CROSS COUNTRY CHAMPIONSHIP INFORMATION

Rich Ames, District One Cross Country Chairperson

Pfca2@verizon.net

215-822-8881

Friday, October 25, 2024 - 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.)

INDIVIDUAL and TEAM AWARDS SCHEDULE (Presentation in Football Stadium)

Please have your teams and athletes in the stadium on time

- **1A Boys and Girls** – conclusion of the Boys 3A race – promptly at 12:30
- **2A Boys and Girls** – conclusion of the Boys 3A race – promptly at 12:30
- **3A Boys and Girls** – conclusion of the Boys 3A race – promptly at 12:45

(Lehigh University has a Football practice scheduled – we must be out of the stadium by 1:15)

XC COURSE: [XC Map 5K \(PDF\) - Lehigh University Athletics \(lehighsports.com\)](#)

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 2024 DISTRICT XC INFORMATION

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

- Varsity races - only 7 varsity runners will run.
- Whomever runs in the varsity race has a number – no “substitutions” will need to be made on race day.
- 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 ensure your teams are aware and act accordingly.

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.

UNSEEDED RACE INFORMATION: there is no Un-Seeded/JV race scheduled.

MEET RESULTS: can be found at <https://pa.milesplit.com/meets/365149/info#.XWbEcuhKiUk>
Or at [Chester County Racing Services | Results \(rsupartner.com\)](#)

SUBSTITUTIONS: *All Varsity 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 the XC Chairperson and/or Staff 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 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 a 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 **Monday, Tuesday, and Wednesday 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.

Please have your teams and athletes in the stadium on time

PIAA CHAMPIONSHIP INFORMATION:
NOVEMBER 2, 2024 – HERSHEY, PA

D1 QUALIFIERS to PIAA CHAMPIONSHIPS (2024 and 2025)

- **1A Boys** – top **2 teams** and top **10** non-team finishers
- **2A Boys** – top **1 team** and top **5** non-team finishers.
- **3A Boys** – top **6 teams** and top **30** non-team finishers

- **1A Girls** – top **2 teams** and top **10** non-team finishers
- **2A Girls** – top **2 teams** and top **10** non-team finishers
- **3A Girls** – top **5 teams** and top **25** 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: Team rooms will no longer be arranged through the D1 Chairperson. School will need to make their own arrangements.

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 **2022** 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.