

**Idaho High School Activities Association**

# **2011 State Cross Country Meet Manual**



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

## 2011-2012 State Tournament Host Hotels

The following hotels have agreed to serve as the 2011-2012 State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge all IHSAA member schools to patronize these Partners in Youth Development.

### EAST BOISE

Boise Hotel & Conference Center	3300 Vista Ave	208-344-8365
Courtyard by Marriott, Boise Downtown	222 S Broadway Ave, Boise	208-914-2985
Grove Hotel	245 S Capitol Blvd, Boise	208-472-3363
Hampton Inn & Suites, Boise/Downtown	495 S Capitol Blvd	208-331-1900
Holiday Inn (Formerly Cambria Suites)	2970 W Elder St, Boise	208-344-7444
Holiday Inn Express, Boise	2613 S Vista Ave, Boise	208-388-0800
Residence Inn by Marriott	1401 Lusk Ave	208-344-1200
SpringHill Suites, Park Center	424 E Park Center Blvd	208-342-1044

### WEST BOISE / NAMPA / CALDWELL

Caldwell Inn & Suites (Best Western)	908 Specht, Caldwell	208-454-7225
Candlewood Suites, Meridian	1855 S Silverstone Way, Meridian	208-888-5121
Country Inns & Suites	3355 E Pine Ave, Meridian	208-639-3300
Courtyard by Marriott, Meridian	1789 S Eagle Rd, Meridian	208-888-0800
Fairfield Inn & Suites, Nampa	16150 N Midland Blvd, Nampa	208-467-5888
Hampton Inn & Suites, Meridian	875 S Allen St, Meridian	208-887-3600
Hampton Inn & Suites, Nampa	5750 Franklin Rd, Nampa	208-442-0036
Harrison Plaza Suites	409 S Cole Rd, Boise	208-375-7666
Mr Sandman Inn & Suites	1575 S Meridian Rd, Meridian	208-887-2062
Rodeway Inn	1115 N Curtis Rd, Boise	208-376-2700
Shilo Inns & Resorts		
Nampa Suites	1401 Shilo Dr, Nampa	208-465-3250
Nampa Blvd	617 Northside Blvd, Nampa	208-466-8993
Sleep Inn	1315 Industrial Rd, Nampa	208-463-6300
Super 8, Nampa	624 Northside Blvd, Nampa	208-467-2888
TownePlace Suites	1415 S Eagle Rd, Meridian	208-884-8550

### COEUR D'ALENE AREA

Coeur d'Alene Inn (Best Western)	506 W Appleway, Coeur d'Alene	208-765-3200
Coeur d'Alene Resort	115 S 2 <sup>nd</sup> St, Coeur d'Alene	208-765-2300
Shilo Inn & Resorts	702 W Appleway, Coeur d'Alene	208-664-2300

### LEWISTON AREA

GuestHouse Inn & Suites	1325 Main St, Lewiston	208-746-3311
Red Lion Hotel	621 21 <sup>st</sup> St, Lewiston	208-748-1000

### POCATELLO AREA

Clarion Inn	1399 Bench Rd, Pocatello	208-637-6598
Best Western Plus CottonTree Inn	1415 Bench Rd, Pocatello	208-237-7650
Comfort Inn	1333 Bench Rd, Pocatello	208-237-8155
Hampton Inn & Suites	151 Vista Dr, Pocatello	208-233-8200
Ramanda Inn	133 W Burnside Ave, Pocatello	208- 237-0020
Red Lion Hotel	1555 Pocatello Creek Rd, Pocatello	208-233-2200
Rodeway Inn	835 S 5 <sup>th</sup> Ave, Pocatello	208-237-8155
Super 8	1330 Bench Rd, Pocatello	208-234-0888
Thunderbird Motel	1415 S 5 <sup>th</sup> Ave, Pocatello	208-232-6330
TownePlace Suites	2376 Via Caporatti, Pocatello	208-478-7000

### TWIN FALLS / BURLEY AREA

Shilo Inn & Resorts	1586 Blue Lakes Blvd N	208-733-7545
---------------------	------------------------	--------------

### IDAHO FALLS AREA

GuestHouse Inn & Suites	850 Lindsay Blvd, Idaho Falls	208-777-1405
-------------------------	-------------------------------	--------------

**Idaho State Cross Country Championships**  
**EAGLE ISLAND STATE PARK**  
**Eagle, Idaho**  
**October 29, 2011**

**Welcome**

The Idaho High School Activities Association welcomes you to the 2011 State Cross Country Championships - an event which is the culmination of countless hours of dedicated training by 700+ 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, and District III coaches and meet 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.

**Table of Contents**

Awards .....	6
Concessions.....	6
Contestant Numbers.....	6
Course Driving Directions .....	6
Course Map & Description .....	5
Cross Country General Rules & Regulations .....	7-8
Games Committee.....	6
Host Hotel .....	7
Hotel Conduct .....	7
Medical Facilities.....	6
Park Facilities.....	6
Parking/Entry Fee .....	6
Pet Restrictions .....	6
Race Order .....	5
Restrooms .....	6
Schedule of Events.....	4
State Meet Qualifying Standards .....	4
T-Shirts/Souvenir Merchandise .....	7
2010 State Results / Past Champions.....	9

## 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. 5<sup>th</sup> 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, 2011 – Eagle Island State Park**

Meet Directors: Tim Severa (Borah HS) and Dave Mills (Boise HS)  
IHSAA Administrator: Julie Hammons, Assistant Director

#### Schedule of Events

Course Open for Preview: Friday, Oct. 28, 2:00 - 5:00 p.m.  
Coaches' Meeting: Friday, Oct. 28, 4:00 p.m.  
Workers' Meeting: Saturday, Oct. 29, 10:00 a.m.  
First Call: 10:45 a.m. (no course preview permitted after 10:45)  
First Race: 11:00 a.m. (2A Girls)

**Order of Races** (Times are approximate)

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



### **Driving Directions for Eagle Island State Park**

From I-84, take Exit 46 (Eagle Rd) for ID-55 N toward McCall/Eagle. Turn right on to S Eagle Rd/ID-55. Turn left on to E Chinden Blvd, right on to N Linder Rd and right on to W Hatchery Rd into Eagle Island State Park.

### **Parking/Entry Fee \* NEW!\***

Because Eagle Island is a state park, they will charge a \$5 per car parking fee each day of entry. Coaches' passes will **not** be honored. The IHSAA will purchase two parking passes per team, for every school that has purchased coaches' passes through the IHSAA. They will be put in the team packets. Team busses will be admitted free of charge. Please park in designated areas.

### **Contestant Numbers**

Each team packet will contain pre-assigned numbers. There are two numbers per participant, one chest number and one smaller hip number. **There will be no pull-tags this year as we will be chip timing.** The hip number must be pinned both top and bottom on the **LEFT side hip**. Coaches: Please ensure that each runner is wearing his/her assigned numbers (and that they match) and that runners' chips are securely affixed.

### **Awards**

Awards will be presented immediately following the boys' race of each classification.

**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 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.

2011 Games Committee:

Tim Severa/Dave Mills, Meet Directors  
Jerry Kleinkopf, Meet Referee  
Larry Lewis, Asst. Meet Referee  
Julie Hammons, IHSAA Administrator

### **Concessions**

Concessions may not be available for purchase during Saturday's races. Please contact the IHSAA for final details regarding concessions after October 15<sup>th</sup>.

### **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/Awards**

Eagle Island State Park 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. Awards will be presented at the conclusion of the boys' race in each classification at the park pavilion.

### **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. They should be located near the bleachers by the restrooms.

### **Hotels/Motels**

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

<i>Candlewood Suites</i> , Meridian	1855 S Silverstone Way	208-888-5121
-------------------------------------	------------------------	--------------

### **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 2011**

### **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**

Teams and individuals are limited to eight meets during the regular season, not to exceed two meets per week. A contestant who exceeds these limitations will become ineligible for district, state, or any further IHSAA-sponsored cross country competition.

### **Road Runs**

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

### **Team Size**

A full team consists of five runners. At the state meet, a maximum of seven runners per school will be permitted to participate. If fewer than five runners participate, it will be for individual honors only. District Boards of Control set numbers for district meets.

### **Scoring**

Team scores are determined by adding together the places of finish for a team's top 5 finishers. At least 5 finishers are required to compute a team score.

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 at the discretion of the meet referee, or unless otherwise prescribed by a medical professional. Headbands must be white color, must be worn on the forehead, and be a maximum of 2" wide. They must be moisture-absorbing, nonabrasive, and unadorned. One 2 1/4 square inch manufacturer's logo or school reference/mascot is allowed. Only one item is permitted on the head.
6. A competitor shall wear the assigned unaltered contestant numbers and computer chips.
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.
8. Jewelry shall not be worn by competitors.

## **2010 STATE CROSS COUNTRY CHAMPIONS**

## Kelly Park, Soda Springs

		<b><u>5A Boys</u></b>				<b><u>5A Girls</u></b>	
Individual:	Dallin Farnsworth	Highland		Kinsey Gomez		Coeur d'Alene	
Team:	Eagle	Greg Harm		Mountain View		Tracy Harris	
		<b><u>4A Boys</u></b>				<b><u>4A Girls</u></b>	
Individual:	Erik Harris	Twin Falls		McKenzie Chojnacky		Jerome	
Team:	Wood River	Monte Brothwell		Bishop Kelly		Tom Shanahan	
		<b><u>3A Boys</u></b>				<b><u>3A Girls</u></b>	
Individual:	Tavner Wilson	Teton		Alice Keller		Salmon	
Team:	Teton	Neil Gleichman		Timberlake		Shawn Lawler	
		<b><u>2A Boys</u></b>				<b><u>2A Girls</u></b>	
Individual:	Dylan Crevelt	Cascade		Carly Hansen		Butte County	
Team:	Challis	Paul Lind		Soda Springs		Jeff Horsely	

### **RECENT TEAM CHAMPIONS**

<b>5A</b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>	<b><u>SITE</u></b>		<b>3A</b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>	<b><u>SITE</u></b>
2010	Eagle	Mt. View	Kelly Park, Soda Springs		2010	Teton	Timberlake	Kelly Park, Soda Springs
2009	Boise	Boise	Circling Raven, Worley		2009	Sugar-Salem	Timberlake	Circling Raven, Worley
2008	Twin Falls	Mt. View	Eagle Island State Park		2008	Teton	Bear Lake	Eagle Island State Park
2007	Twin Falls	Boise	Freeman Park, IF		2007	Bear Lake	Bear Lake	Freeman Park, IF
2006	Mt. View	Boise	Hells Gate Park, Lewiston		2006	Bear Lake	Bear Lake	Hells Gate Park, Lewiston
2005	Boise	Boise	Eagle Island State Park		2005	Bear Lake	Bear Lake	Eagle Island State Park
2004	Capital	Coeur d'Alene	Kelly Park, Soda Springs		2004	Bear Lake	Bear Lake	Kelly Park, Soda Springs
2003	Borah	Borah	Eagle Island State Park		2003	Gooding	Bear Lake	Eagle Island State Park
<b>4A</b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>	<b><u>SITE</u></b>		<b>2A</b>	<b><u>BOYS</u></b>	<b><u>GIRLS</u></b>	<b><u>SITE</u></b>
2010	Wood River	Bishop Kelly	Kelly Park, Soda Springs		2010	Challis	Soda Springs	Kelly Park, Soda Springs
2009	Twin Falls	Bishop Kelly	Circling Raven, Worley		2009	Soda Springs	Soda Springs	Circling Raven, Worley
2008	Bishop Kelly	Preston	Eagle Island State Park		2008	Firth	Soda Springs	Eagle Island State Park
2007	Preston	Bishop Kelly	Freeman Park, IF		2007	Firth	Soda Springs	Freeman Park, IF
2006	Hillcrest	Bishop Kelly	Hells Gate Park, Lewiston		2006	Soda Springs	Soda Springs	Hells Gate Park, Lewiston
2005	Bishop Kelly	Bishop Kelly	Eagle Island State Park		2005	Firth	Firth	Eagle Island State Park
2004	Hillcrest	Bishop	Kelly Park, Soda Springs		2004	Firth	Firth	Kelly Park, Soda Springs
2003	Hillcrest	Bishop Kelly	Eagle Island State Park		2003	Firth	Firth	Eagle Island State Park