Idaho High School Activities Association

2009 State Cross Country Meet Manual

United Dairymen of Idaho
Official Sponsor of
IHSAA State Championship Events

2009-2010 State Tournament Host Hotels

The following hotels have agreed to serve as the 2009-2010 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

Cambria Suites	**2970 W Elder St**	**208-344-7444**
Grove Hotel	**245 S Capitol Blvd, Boise**	**208-472-3363**
Hampton Inn & Suites, Boise/Downtown	**495 S Capitol Blvd**	**208-331-1900**
Holiday Inn	**3300 Vista Ave**	**208-344-8365**
Holiday Inn Express, Boise	**2613 S Vista Ave, Boise**	**208-388-0800**
DoubleTree Club Hotel	**475 W Park Center Blvd**	**208-345-2002**
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

Best Western Caldwell Inn & Suites	**908 Specht, Caldwell**	**208-454-7225**
Country Inns & Suites	**3355 E Pine Ave, Meridian**	**208-639-3300**
Courtyard by Marriott	**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**
Hyatt Place	**925 N Milwaukee, Boise**	**208-375-1200**
Mr Sandman Inn & Suites	**1575 S Meridian Rd, Meridian**	**208-887-2062**
Oxford Suites	**1426 S Entertainment Ave, Boise**	**208-322-8000**
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 Nampa Blvd, Nampa**	**208-466-8993**
Sleep Inn	**1315 Industrial Rd, Nampa**	**208-463-6300**
SpringHill Suites	**6325 N Cloverdale Rd, Boise**	**208-939-8266**
TownePlace Suites, Meridian	**1415 S Eagle Rd, Meridian**	**208-884-8550**

COEUR D'ALENE AREA

Coeur d'Alene Inn	**506 W Appleway, Coeur d'Alene**	**208-765-3200**
Hampton Inn & Suites	**1500 Riverstone Dr, Coeur d'Alene**	**208-769-7900**
Red Lion Templin's Resort	**414 E First Ave, Post Falls**	**208-773-1611**
Shilo Inn	**702 W Appleway, Coeur d'Alene**	**208-664-2300**

LEWISTON AREA

Holiday Inn Express	**2425 Nez Perce Dr, Lewiston**	**208-750-1600**
Red Lion Hotel	**621 21st St, Lewiston**	**208-748-1000**

POCATELLO AREA

Call Pocatello Convention and Visitors' Bureau	**208-235-7659**

TWIN FALLS AREA

Shilo Inn	**1586 N Blue Lakes Blvd, Twin Falls**	**208-733-7545**

IDAHO FALLS AREA

Comfort Inn	**195 S Colorado Ave. Idaho Falls**	**208-528-2804**

Idaho State Cross Country Championships
CIRCLING RAVEN GOLF COURSE
Worley, Idaho
October 31, 2009

Welcome

The Idaho High School Activities Association welcomes you to the 2009 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 Jim Winger, Kent Eggleston, Lewis Watkins, District I 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 (10)
Contestant Numbers 6
Course Location 5
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
2008 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. 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 31, 2009 – Circling Raven Golf Club

Meet Director:	Jim Winger, Kent Eggleston @ Lake City HS ; Lewis Watkins @ CDA Chtr.
IHSAA Administrator:	Julie Hammons, Assistant Director

Schedule of Events

Course Open for Preview:	Friday, Oct. 30, 2:00 - 5:00 p.m.
Coaches' Meeting:	Friday, Oct. 30, 8:00 p.m. @ Hampton Inn and Suites, Coeur d'Alene
Workers' Meeting:	Saturday, Oct. 31, 10:00 a.m. @ Stenstgar Pavilion, next to clubhouse
First Call:	10:45 a.m. (no course preview permitted after 10:45)
First Race:	11:00 a.m. (4A Girls)

Order of Races (Times are approximate)

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

Course Description

The course is two loops of the same route around the Golf Course. It is generally flat with several turns. Each lap has one short, steep hill. Runners will cross two asphalt paths, and 2 wooden bridges on each lap but the majority of the course is grass. NO SPIKES WILL BE ALLOWED ON THE COURSE.

Location of Circling Raven Golf Course
Circling Raven is located 25 miles south of Coeur d'Alene off of US-95.

Parking/Entry Fee
Team busses will be admitted free of charge. Please park in designated areas.

Contestant Numbers *(new last year)*
Each team packet will contain pre-assigned numbers. There are two numbers per participant, one chest number with a tear-off tag on the bottom and one smaller hip number. **The number with the tear-off tag must be pinned to the runner's chest/abdomen on the front.** The hip number must be pinned both top and bottom on the **right side hip**. Coaches: Please ensure that each runner is wearing his/her assigned number and that the numbers on the chest and hip match.

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.
2009 Games Committee:
Kent Eggleston, Lewis Watkins, Meet Directors
Jerry Kleinkopf, Meet Referee
Julie Hammons, IHSAA Administrator

Concessions
Concessions will be available for purchase during Saturday's races by the Casino Resort.(see attached at bottom)

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
Circling Raven does not have indoor facilities for runners to gather or dress. The Pavilion will be used for awards presentations. 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. They should be located near the Pavilion and Club House area.

Hotels/Motels
There are several lodging options in the Coeur d'Alene area. The host hotel for state cross country is:

Hampton Inn & Suites	**1500 Riverstone Dr, Coeur d'Alene**	**208-769-7900**

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 2009

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 nine 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, etc. during the season August 14 to October 31.

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 m ay 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 ¼ 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 number.

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.

2008 STATE CROSS COUNTRY CHAMPIONS

Eagle Island State Park, Eagle

	5A Boys		5A Girls	
Individual:	Eric Fitzpatrick	Boise	Liz Brandon	Eagle
Team:	Twin Falls	Marty Grindstaff	Mountain View	Tracy Harris
	4A Boys		**4A Girls**	
Individual:	Barak Watson	Columbia	Emily Nist	Bishop Kelly
Team:	Bishop Kelly	Tom Shanahan	Preston	Tyler Jones
	3A Boys		**3A Girls**	
Individual:	Ryan Jaggi	Weiser	Jessica Leonhardt	Bear Lake
Team:	Teton	Neil Gleichman	Bear Lake	Don Golding
	2A Boys		**2A Girls**	
Individual:	Caden Portela	Firth	Taylor Hewett	Culdesac
Team:	Firth	Brett Hill	Soda Springs	Jeff Horsely

RECENT TEAM CHAMPIONS

	YEAR	BOYS	GIRLS	SITE
5A	2007	Twin Falls	Boise	Freeman Park, IF
	2006	Mt. View	Boise	Hells Gate Park, Lewiston
	2005	Boise	Boise	Eagle Island State Park
	2004	Capital	Coeur d'Alene	Kelly Park, Soda Springs
	2003	Borah	Borah	Eagle Island State Park
	2002	Idaho Falls	Meridian	Farragut State Park
4A	2007	Preston	Bishop Kelly	Freeman Park, IF
	2006	Hillcrest	Bishop Kelly	Hells Gate Park, Lewiston
	2005	Bishop Kelly	Bishop Kelly	Eagle Island State Park
	2004	Hillcrest	Bishop	Kelly Park, Soda Springs
	2003	Hillcrest	Bishop Kelly	Eagle Island State Park
	2002	Hillcrest	Sandpoint	Farragut State Park
3A	2007	Bear Lake	Bear Lake	Freeman Park, IF
	2006	Bear Lake	Bear Lake	Hells Gate Park, Lewiston
	2005	Bear Lake	Bear Lake	Eagle Island State Park
	2004	Bear Lake	Bear Lake	Kelly Park, Soda Springs
	2003	Gooding	Bear Lake	Eagle Island State Park
	2002	PrestonSalmon	Farragut State Park	
2A	2007	Firth	Soda Springs	Freeman Park, IF
	2006	Soda Springs	Soda Springs	Hells Gate Park, Lewiston
	2005	Firth	Firth	Eagle Island State Park
	2004	Firth	Firth	Kelly Park, Soda Springs
	2003	Firth	Firth	Eagle Island State Park
	2002	Firth	Firth	Farragut State Park

Idaho State High School State Cross Country Championships

October 31st, 2009

~Concession Menu~

Breakfast sandwichesSausage or Ham..... $3.00 each
Whole fresh fruit..... $1.00 each
Bagel with cream cheese.....$2.00 each
Yogurt cups.....$1.50 each
Jumbo Muffins.....$2.00 each
Candy bar .....$1.00 each
Granola bars.....$1.00 each
Trail mix.....$2.00 each
Jerky..... $2.00 each
Hamburgers.....$4.00 each
Hotdogs.....$3.00 each
Chili dogs..... $4.00 each
Chili cups..... $2.00 each
Beverages.....$2.00 each
Bottled water.....$1.00 each
Energy Drinks..... $2.50 each

Worley, Idaho • 1-800-523-2464 • www.cdacasino.com