



WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cross Country Championships

SUPPLEMENTAL XC COACHING INFORMATION

THERE WILL NOT BE A FORMAL COACHES MEETING PRIOR TO THE STATE EVENT. ALL QUESTIONS NEED TO BE ADDRESSED AS YOU RECEIVE YOUR PACKET.

1) Welcome to the WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cross Country Championships. The Pasco community is proud to have hosted this event for the past 20+ years. The races will have more than 1,500 runners representing more than 225 different schools across the state. Pre-event program sales and admission tickets will be available at noon on Friday at the golf course and 8:30 a.m. on Saturday at the golf course. Checks for state memorabilia t-shirts/gear must be made out to the Rush Team Apparel.

2) Contents of your schools packet are bib numbers for your runners, one program and passes for two coaches. **ALL CHANGES IN RUNNERS MUST BE MADE BY FRIDAY AT THE COACHES CHECKIN.** Numbers for alternates are also in the packet if you qualified a team and registered the athletes as alternates. Additional pins or lost numbers may be obtained from the Clerk of the Course at the start line. The clerk of the course will stay close to the Start Line to check in the seven actual runners. Teams will enter thru a team gate where individuals will have to show either a **wristband (attached to your wrist)**, a runner's number or be on the pass list. **COACHES-THE WRIST BAND IS REQUIRED TO BE ON YOUR WRIST IN ORDER TO GAIN ENTRY TO THE EVENT AND TO GAIN ACCESS TO THE STAGING/PREPATORY AREA BEFORE YOUR ATHLETES SCHEDULED RACE.** Remind your athletes to wear their numbers at all times. Runners that are from teams that figure into the team scoring are going to wear triple digit numbers. Runners that are running as individuals are going to wear quadruple digit numbers helping you identify teams more easily on the course.

3) The course is well marked with direction arrow signs and flagging. Spikes are allowed and recommended on the course. The course crosses over the cart path in a few places. The start line is marked with lanes that are numbered from 1 to 24 (#1 is closest to the cart path and #24 is closest to the Red Lion). Remind your runners to stay off the putting greens and out of sand traps. The course is open from 10:00 a.m. to 5:00 p.m. on Friday and 9:00 a.m. to 9:45 a.m. on Saturday for review and practice. After 9:45 a.m. on Saturday all warm-ups will be restricted to the area just off the team parking area or across 20th Avenue at Columbia Basin College.

4) Coaches will be allowed to enter a fenced area behind the starting line before each race to assist runners but after the call by the referee you must return to the spectator area. Only runners with numbers will be allowed on the starting line. Marshalling will begin 20 minutes before each race at the start line. We recommend that runners check in with the clerk of the course before starting final warm-up. **A countdown clock will be at the start area. At 4 minutes, an air horn will sound indicating that all non-runners (alternates) must leave the start area. At 2 minutes, the referee will give final instructions to the athletes. Coaches, please encourage your runner to run in a straight line from the starting line to the top of the hill. Do not crowd to the left.** Instructions will include the finish line

procedures in the chute area. After crossing the finish line, pull the tag from the bottom of your number and give to the steward before exiting the chute. **Failure to turn in the tag or not wearing a number will result in disqualification.** Some athletes have been confused by the double chute at the finish. Please talk to your athlete about this possibility and also protecting themselves at the finish line (We recommend putting their hands on the person ahead to maintain balance).

5) ALL COACHES, MANAGERS AND SCHOOL SUPERVISORS MUST BE REGISTERED BY THEIR SCHOOL AD ONLINE AT MY.WIAA.COM. Two supervisory admissions will be granted. Bus drivers must sign in at the pass gate. All buses and vans will be parked in the team parking area or in the overflow area near the entrance (CBC Parking Lot). **NOBODY IS ALLOWED IN THE HOUSING AREA.** Police and extra security people will be patrolling this area. You must go around the housing area when you move from one area to another. We have created a corridor from the start area to the mile to help people get from one area to the next.

NO TENTS ARE ALLOWED AT THE START AREA.

6) Take all concerns to the appropriate lead officials.

7) Race results will be available at the end of each race. Complete race results will be posted to the Internet periodically throughout Saturday (Approximately 30 minutes after each race). The official scoring system will be the computer results and they will be posted at the press area.

8) The First Aid Tent has both doctors and certified Athletic Trainers. An ambulance will be stationed at the medical tent, which is just off the finish line. If you have any medical problems that we should be advised of, please tell the medical tent prior to the start of the race. **WATER ONLY** will be provided at the finish line for all athletes. If your athlete requires an atomizer, the NFHS procedures must be adhered to.

9) The NFHS Track and Field Cross Country Rules Book uniform rule will be enforced. It is the individual athlete and full team's responsibility to compete in the proper uniform. All contestants must wear their assigned numbers when competing and it shall be worn on the front of the jersey. Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. This will be enforced by the clerk of the course. Doo-rags, handkerchiefs and hats of any kind are not allowed during competition. Plain head bands, stocking caps and gloves will be acceptable (no logos of any kind are allowed on head gear). Remember that LIVESTRONG bracelets and all bracelets are JEWELRY.

10). Dressing rooms are available at Columbia Basin College athletic department after your races on Saturday

11). Instruct your runners to go to the Press Tent five (5) minutes after the race for interviews and then proceed to the awards area if they are in the top 16 individual places for the 16 entry meet or the top 8 individual places for the 8 entry meet. **No spikes on the awards stand.** Winning teams (1-4) should also appear at the tent/awards after the results are announced. NW Sports Photography will post all of the Action and Awards pictures online at www.4nsp.com. There are areas that the working press can view the course. They have badges that allow them into the restricted areas for better coverage.

12) Reminder to all coaches and spectators that the racecourse is closed to both the coaches and spectators except for the areas denoted for spectator use. Please do not move into areas that are flagged. Thank you for your cooperation.

Enjoy your stay in Pasco!