

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
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TO: Athletic Directors/Cross Country Coaches
FROM: Larry Mollring, Assistant Director
SUBJECT: State Cross Country Meet
DATE: October 2009

PRE-MEET INFORMATION

1. 2009 NSAA STATE CROSS COUNTRY MEET SCHEDULE:

Girls Class C—12:00 Noon	Girls Class D—2:00 pm
Girls Class A—12:30 pm	Girls Class B—2:30 pm
Boys Class C—1:00 pm	Boys Class D—3:00 pm
Boys Class A—1:30 pm	Boys Class B—3:30 pm

2. Team and/or individual packets will be available at the UNK Health and Sports Center from 4:00 - 5:00 p.m. on Thursday, October 22 and after 9:00 a.m. Friday, October 23. When you arrive on Friday you will need to go to the Sports Center to pick up your packet before going to the course. More specific information on the State Meet will be in your packet. CROSS COUNTRY ADMISSION: EACH BOY'S TEAM WITH QUALIFIERS WILL RECEIVE ONE COACHES' PASS, AND EACH GIRL'S TEAM WITH QUALIFIERS WILL RECEIVE ONE COACHES' PASS.
3. **CHIP TIMING:** ChampionChip Minnesota will provide the computerized timing of all finishers in the NSAA State Cross Country Championships. Chips will be available on race day only and must be picked up at the Kearney Country Club clubhouse located just north of the entrance **by HEAD COACHES ONLY.**
- a. **Chips for each contestant:** Please follow the instructions included with each contestant's chips. Each contestant is assigned two (2) chips. Please verify the numbers match with the Bib number you have been assigned. You must attach the chips to the runner's shoelaces. **Wear your chips: No chip – no time or place!** You must wear your chips to receive a time and place. Do not forget your chips when reporting to the starting line. **A runner who finishes the race without having at least one of the two issued chips will be disqualified.**
- b. **Pick-up and Return of chips:** Each team and individual has been assigned a certain number of chips. The chips will be in a white envelope for each runner. These will need to be returned in the same envelope in which they were given to you, to the Chip Return area located at the Kearney Country Club clubhouse. There will be NSAA and UNK Staff to count and verify that the correct number of chips has been returned. **Coaches: Be certain you have all the chips before reporting to the chip return area.**
- c. **Schools will be charged \$50 per chip if the chips issued to your school are not returned.**
- d. **NFHS Rule 9-3-3:** Computerized chips may be used to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner. When chips are used, it is the position of the chip, not the torso, which determines the finishing position of the runner.
4. **FINISH:** There will be NO CHUTE where athletes will be held after the race. Please inform athletes of this to insure a safe finish area for everyone. DO NOT let your athletes stop at the line. Please instruct them to run through the finish line and they will be directed from there. **COACH YOUR ATHLETES TO RUN THROUGH THE FINISH.**

5. **Admission is \$7.00 for adults and \$5.00 for students.** Coaches' and Contestants' passes will be included in your packets. No one will be admitted without a pass.
6. Teams will **NOT** be permitted on the course on Thursday. The course will be open to golfers so you will not be able to walk the course until after 10:30 A.M. Friday morning. The admission gates and the course will be opened at 10:30 A.M.
7. **Teams are not permitted to unload or load on University Drive in front the main entrance to the Kearney Country Club. Safety is our main concern and we don't want any pedestrian(s) getting hit by an automobile on the busy street.** We encourage teams to park at their team parking areas and take the shuttle. There will be shuttles there to transport the drivers and fans back to the Health and Sports Center or to the Country Club. Shuttles will run from 10:15 A.M. to 6 P.M. Please inform your fans of the parking lots and the shuttle service. Parking is tighter than ever; please make the enclosed map available to parents and fans that will be attending the meet. The campus police are strictly enforcing the no parking on grassed areas. They will ticket your vehicle and have it towed. Please make your fans aware of this. Team cars or vans may park on the softball fields.
8. University of Nebraska at Kearney and the Kearney Chamber of Commerce will have a hospitality room in the UNK Health and Sports Center Thursday afternoon from 4:00 p.m. to 5:00 p.m. and Friday morning for coaches and officials.
9. A contestant who needs an inhalant may carry an atomizer with him/her during the race, if he/she has a **WRITTEN** statement from his/her doctor. If you have a runner who plans to carry an atomizer during the race, you must present a written statement to the starter prior to the race.
10. The restricted areas indicated on the map are to be clear of coaches or fans. Any runner receiving aid from a non-runner in these areas could be disqualified. Please make parents and other fans aware of these restricted areas.
11. Two water stations are located on the course. These stations are operated by UNK Trainers and only their personnel may provide water to competitors. Coaches and/or parents will not be permitted to disperse water.
12. Cross Country T-shirts will be on sale in the UNK Sports Center on Thursday from 4:00 to 5:30. Shirts will be on sale Friday beginning at 9:00 a.m. and until they run out. T-shirts will also be sold on Friday at the golf course.
13. Bicycles and dogs will not be allowed anywhere on the country club grounds, except dogs assisting the handicapped.
14. Awards presentations will be made as each class's results become available. The Class C awards presentations should get started about 2:30 p.m. When we have the Class A results available we will start Class A presentations and follow with D and B when those results are available. Results will be posted on the wall for viewing and also online at our website, <https://www.nsaahome.org>. Individual copies will not be available.
15. Coaches are reminded to be sure their team is in compliance with the uniform rule before they report to the starting line. Rule 9-6 on pages 70-71 of the 2008 NFHS Track and Field Rules Book covers these requirements.

SECTION 6 COMPETITOR'S UNIFORM (NFHS RULES BOOK)

Art. 1 Each competitor's uniform shall consist of:

- a. Shoes;
- b. Full-length cross country top and bottom or one-piece uniform issued by the school;
 - Bottoms may vary in length and style but must be the same color and design for all team members.
 - Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls;
 - French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.

- The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name;
- The top shall not be knotted or have a knot-like protrusion;
- A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on each top, bottom or one-piece uniform;
- The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom;
- Any visible shirt(s) worn under the top and other visible garment worn under the bottom must be unadorned and of a single (and the same) color except for a single, visible manufacturer's logo as per NFHS rules and/or single school name or insignia no more than 2 1/4 square inches with no dimension more than 2 1/4 inches. Visible items worn under both the top and the bottom do not have to be the same color;

Art. 2 Uniforms must be worn as intended by the manufacturer. The waist-band of a competitor's shorts shall be worn above the hips. There shall be no bare midriff.

Art. 3 A shoe is a covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. The use of slippers or socks does not meet the requirements of the rule.

Art. 4 Each team member shall wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.

Art. 5 A competitor shall wear the assigned unaltered contestant number, when numbers are used and computer chips when those devices are used in competition.

Art. 6 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. If the incident recurs, the athlete will be disqualified from further competition in the meet.

Art. 7 Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body and the alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

Headwear: The wearing of decorative headwear while competing is prohibited. Rubber bands, scrunchies, ribbons and elastic bands are not considered jewelry and may be used in the hair.

- Headbands may be worn by cross country competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors: beige, white, black or the predominant color of the jersey. The same color must be worn by all team members.
- Pre-wrap may be used to control hair under the following conditions:
 1. If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.
 2. If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.
- A single solid color knit stocking hat may be worn in frigid weather conditions.
- Competitors may not have metal pins or hard plastic barrettes or beads in their hair.

Please refer to your 2009 NSAA Cross Country Manual for additional information on the State Cross Country Meet.