

Information for State Qualifying Coaches

➤ Meet Schedule

Gates open for teams and spectators at 8:00am

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| ○ 9:15am - 3A/2A Coaches Meeting | 2:15pm - 4A/1A Coaches Meeting |
| ○ 10:00am - 3A Men's Race | 3:00pm - 4A Men's Race |
| ○ 10:30am - 2A Men's Race | 3:30pm - 1A Men's Race |
| ○ 11:00am - 3A Women's Race | 4:00pm - 4A Women's Race |
| ○ 11:30 am- 2A Women's Race | 4:30pm - 1A Women's Race |

➤ Passes

- Passes shall be provided to competitors and coaches according to the following guidelines:
 - **Individuals**
 - Number of qualifiers plus two coaches
 - **Team**
 - Includes 7 runners & 2 alternates; Coaches - 2 per school male & female teams. Head and assistant coaches NEED to arrive with their teams and individual runners.
- Head Coach, Assistant Coaches, Participating and Non-Qualifying Athletes must ALL enter together.

➤ Non-Qualifying Athletes

- These athletes will get into the State Championships for \$5.00, but they MUST be accompanied by their coach and enter at the team gate in between the two baseball fields. Coaches: to expedite the entry process, please collect the \$5.00 from each non-participating athlete and purchase their ticket for them when you pick up your team packet.

➤ Contestant Materials

- Coaches may obtain instructions, passes and contestant numbers at the back gate entrance for teams beginning at 8:00 A.M. on Saturday, November 1.

➤ Course Inspection

- The Town Manager of Kernersville has granted permission for state qualifying teams and individuals to inspect the cross-country course at Ivey M. Redmon Sports Complex on Friday, October 31st prior to the State Meet beginning at 2:30 P.M. However, the park will close at 6:00 P.M. that day; therefore, the grounds must be cleared of all people by 6:00 P.M.
- On Saturday, the course is available for inspection from 8:00 A.M. to 9:45 A.M. and from 12:30 P.M. to 2:45 P.M.
- The course must be cleared for the next race fifteen minutes prior to the scheduled start of the race. Public address announcements will be made regarding course inspection times. Failure to abide by inspection regulations could result in disqualification of contestants/teams.

➤ Team Camp

- Team tents and camp area will be set up in the two outfields of the baseball fields. Teams can select which outfield they would like to set up in. PLEASE STAY OFF OF THE INFIELD DIRT ON THE BASEBALL FIELDS!!!! Team camps are not permitted inside the spectator area of Ivey M. Redmon Sports Complex. STAKE DOWN ALL TENTS!!!!!! Teams will enter through the team gate in between the two baseball fields.

➤ Prohibited Items

- The presence of pets and recreation equipment at the State Cross Country Meet will not be permitted. Frisbees, footballs, baseballs, softballs, concealed weapons, pets, and dogs except for service dogs are prohibited. In addition, no fences are to be climbed at Beeson Park. Individuals that violate this regulation will be requested to leave with no refund of the admission fee.

Uniform and Jewelry Rules:

The ultimate responsibility to have each competitor compliant with the uniform and jewelry rules is with the coach. Meet officials will emphasize this at the coaches' meeting and if a coach has any questions as to the legality of their competitors' uniform, they need to have them answered before the start of the race.