

Midwest 1A Regional XC Meet Information

- **Meet Start Time:**

8:15 a.m.	Coaches Meeting (White Camper)
9:00 am	4A Boys
9:30 am	2A Boys
10:00 am	1A Boys
10:30 am	4A Girls
11:00 am	2A Girls
11:30 am	1A Girls
11:30 am	4A Awards
12:00 Noon	2A and 1A Awards
- **Busses** – Go all the way to almost the end of Beeson Road, DO NOT turn your bus into the new parking area that is near the finish line. This lot is only for meet officials. Please DO NOT unload your bus near the starting area. Drop your athletes at the concession stand that is between the two softball fields and near where the team tent area is. After you drop your athletes off please park the busses in the lower parking lot. This is like how we do at the state meet.
- **Spectator Parking** – will be in the field across the road from the cross country course along Shields Road. Spectator Cars will not be allowed down Beeson Road, only buses and meet officials will be allowed down Beeson Road.
- **Team Tent Area** – Team tents are to be set up in the outfield or either of the two softball fields. Please stay off the infield. Also please secure you tents to the ground.
- **Packet Pickup** – You may pick your team packets up at the tent near the white camper
- **Competitor Numbers:** Your runner's have been assigned a competitor number. Please place their competitor number on the front of their uniform. Make sure the athlete knows their number. When they cross the finish line they will be prompted to assist in tearing off the bottom portion of their bib number to hand to the people at the end of the chute.
- **Please have your runners to the starting line 15 minutes before their race starts.**
- **Please tell your runner's** that once they have finished the race they need to walk all the way through the chute before falling down. After exiting the chute they need to clear the finish area and water will be provided at the end of the chute.
- **Make sure Parents** and spectators do not get on the course during the race. The course is very well marked and roped off in all areas. Just make sure that spectators do not interfere at the cross over area.
- Make sure your athletes have **removed all jewelry** that is visible (earring, necklaces, arm bands, bracelets, etc.) Also make sure no athlete while competing looks at a video camera, digital camera, or any other electronic device. This is illegal and will result in disqualification (Rule 4-5-8)
- Make sure your athletes are in **compliance with the uniform rule**. They must be in school issued uniforms. Remember that an athlete's jersey must hang below the waist band of the shorts and no midriff should be showing before the start of the race. A clerk will be at the starting line to check the teams in and to check for the above mentioned rules. **Compression Shorts** – the NCHSAA has said that if one person wears compression shorts it is ok, but if another wears compression shorts they have to be identical.

- **Further information on uniform rules...** Read up if you're unfamiliar. All athletes on a team must have identical uniforms. There's no such thing as "close enough," or "almost everybody has the same thing on." We will check at the starting line & those not matching will be pulled from the line. A few years ago we had a team in soccer uniforms. It didn't say "soccer," and met all other requirement so while I can't say I've ever seen anything like that, they were legal. Frequently, athletes show up at XC meets with uniforms that say "Track," or vice versa. These are not legal because they say another sport on them. Take care of these uniform issues this week. My own team has been wearing the same shorts for 4 years but the manufacturer changed the style just slightly. The new shorts do not match the old shorts even though they're from the same manufacturer & called the same style. In the event of cold weather, the Games will make a determination about gloves & hats but any undergarments must follow 2013-14 NFHS rules. The new uniform & jewelry rules outlined at the July Coaching Clinic do not go into effect until Track season.
- Profanity will not be tolerated. A warning will be given to the athlete first, the second time will result in disqualification.
- Any Protest must be filled out on the enclosed form in your packet. If you feel a rule has been broken fill out the Protest form and give it to Rodney King (Meet Director). The meet referee will make a decision on your appeal. If you are not happy with that he will then take it to the Games Committee
- All scoring will be down by computer, no one should bother the scorers anytime during the meet, if there are problems with scoring please inform Coach King.
- **Results:** Results of the meet and runner's times and places will be sent to you via e-mail that evening. Results will also be posted on www.nc.milesplit.com and on www.nchsaa.org
- NO BOOM BOXES are allowed in the park or in the parking lot of the Park

CELL PHONES must be on vibrate or turned off near the Start/Finish Line.