

# NCHSAA Information for State Qualifying Coaches

- **Meet Schedule: Gates Open for Teams and Spectators at 7:00AM**
  - 8:15am – 3A/1A Coaches' Meeting
  - 9:00am – 3A Men's Race
  - 9:30am – 1A Men's Race
  - 10:00am – 3A Women's Race
  - 10:30 am- 1A Women's Race
  - 1:15pm – 4A/2A Coaches' Meeting
  - 2:00pm – 4A Men's Race
  - 2:30pm – 2A Men's Race
  - 3:00pm – 4A Women's Race
  - 3:30pm – 2A 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 wristband for them when you pick up your team packet.
- **Contestant Materials**
  - **One packet per school:** Coaches may obtain instructions, passes, and contestant numbers beginning at 7:00 A.M. on Saturday, Nov. 9.
  - **Back gate entrance/Near Fields:** Use this location if your school has at least one team competing.
  - **Front gate entrance:** Use the tent on the left side of Beeson Road if your school only has individual qualifiers.
  - Packets will also be distributed on Friday afternoon (3-6pm). **Do not give out bibs to runners until the day of race.** The bibs have disposable chips and can be voided if not handled correctly.
- **Course Inspection**
  - Weather permitting, 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, November 8<sup>th</sup> prior to the State Meet beginning at 2:30 P.M. 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 7:00 A.M. to 8:45 A.M. and from 12:00 P.M. to 1:45 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.

## **Cross Country Uniform Rules:**

*The ultimate responsibility to have each competitor compliant with the uniform 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.*

***Below are a few uniform rule reminders. Please refer to the 2019 NFHS Rules Book for a full explanation of the uniform rules.***

### **NFHS Rule 4-3-1b (4-5; 7)**

- Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
- The waistband of a competitor's bottom shall be worn above the hips.
- A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.
- Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

### **NFHS Rule 4-3-2**

- All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
- **NOTE: The official should be able to observe that all members are from the same team.**

### **OTHER RULES TO NOTE:**

- GPS Watches are prohibited.
- DO-RAGS, BANDANAS, SKULLCAPS, and HATS unless for "religious or medical reasons" **are prohibited. Headbands, if worn must be a maximum of 2 inches wide and can have a single manufacturer's logo/school mascot not exceeding 2 ¼ inches by 2 ¼ inches.**

# 2019 Cross Country: State Championship Information



**Chiquana Dancy**  
Director of Sports and Student Programs



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## STATE CHAMPIONSHIPS

- November 9, 2019 - Ivey M. Redmon Sports Complex, Kernersville  
(Course will be open on Friday between 2:30 - 6:00pm; packet pickup at 3:00pm)
- Gates open for teams and spectators: 7:00AM

- 3A, 1A Coaches Meeting:  
8:15AM

- 3A Men: 9:00AM
- 1A Men: 9:30AM
- 3A Women: 10:00AM
- 1A Women: 10:30AM
- Awards Presentation

- 4A, 2A Coaches Meeting:  
1:15PM

- 4A Men: 2:00PM
- 2A Men: 2:30PM
- 4A Women: 3:00PM
- 2A Women: 3:30PM
- Awards Presentation



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## Passes

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## Parking

- Buses will be directed to park in the designated parking lot. A pass is not needed.
- Spectator and all other vehicles will park in the lot across the road from the park entrance.



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## Course Inspection continued

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## Miscellaneous

- **Supervision:** If the head coach cannot be in attendance at the State Meet, written request (on school letterhead) from the school's principal must be submitted to the NCHSAA no later than the day before the meet.



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## Miscellaneous

- **Weather:** If temperatures are cold enough, the NCHSAA will relax the “No headgear” rule. Runners may wear school-approved headgear that does not display any obscene or derogatory images or words. The headgear must also adhere to NFHS logo rules: a single, visible manufacturer’s logo and/or single school name or insignia no more than 2 ¼ inches are permitted.
- **Medical Tent:** There will be several licensed athletic trainers, doctors, and student trainers on site. Please make sure we keep that area clear so that they can properly tend to athletes in need.
- **Don’t forget to pick up the packet with your athletes’ souvenir bag tags.**



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THANK YOU AND GOOD LUCK!



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