

Westside Cross Country Classic

● **General Information**

- The Westside Cross Country Classic organizing committee consists of; Joe Keller, West-Central District III Director; Brian Smith, WCD III Cross Country Chair; Gregory Kass, NPSL. Tyson Lowry, SPSL 4A, Shiante Reed SPSL 2A, Steve Coker, South Sound Conference, Brian Kaelin, Pierce County League. Dwayne Johnson Olympic League. Mike Finch, Nisqually League, Terry Rice, Meet Director; Ben Mangrum, Assistant Meet Director; Joe Clark , Assistant Meet Director.
- The 2023 Westside Cross Country Classic is made up of eight state qualifying races.
- **1A Boys from District III** compete in a 9-team race with 2 teams and the top 14 placing individuals advancing to the State meet in Pasco.
- **1A Girls from District III** compete in a 9-team race with 3 teams and the top 21 placing individuals advancing to the State meet in Pasco.
- **2A Boys from District II and III** will compete in a 16-team race with 6 teams and the top 42 placing individual runners advancing to the State meet in Pasco.
- **2A Girls from Districts II and III** will compete in a 16-team race with 6 teams and the top 42 placing individual runners advancing to the State meet in Pasco.
- **3A Girls from Districts III and IV** will compete in a 17-team race with 7 teams and the top 49 placing individual runners advancing to the State meet in Pasco.
- **3A Boys from Districts III and IV** will compete in a 17-team race with 7 teams and the top 49 placing individual runners advancing to the State meet in Pasco.
- **4A Girls from Districts III and IV** will compete in a 16-team race with 7 teams and the top 49 placing individual runners advancing to the State meet in Pasco.
- **4A Boys from Districts III and IV** will compete in a 16-team race with 7 teams and the top 49 placing individual runners advancing to the State meet in Pasco.
- **Ambulatory Boys and Girls** will compete in a race consisting of a single loop of the race course. Participants must complete the race course (2.5K) under 20:09 minutes in order to qualify for the State meet in Pasco. For further information on the WIAA Ambulatory standards and procedures, visit <https://wiaa.com/ConDocs/Con1630/Para-Athlete%20Form.pdf>

ELIGIBILITY. All participants must be eligible under WIAA Rules and Regulations.

NO PRACTICE ON THE RACE COURSE WILL BE PERMITTED Prior to 2:30 PM Friday October 27. The racecourse will be open for walk/run through from 2:30 pm until 5:30 pm on Friday, October 28th, and from 8:30 am until 9:30 am on race day, Saturday, October 29, 2023. The 2032 race course is the same as last year as well as the John Payne Invitational. Course maps will be posted on the WCD 3 website and athletic.net. Team packets will be available on Friday, one packet per school.

AWARDS.

- **Teams:** Plaques are awarded to the first (1st) and second (2nd) place teams in each race.
- **Individuals:** Pins are awarded in each race to first, second, and third places. Ribbons are awarded to the remaining 4th through 10th places.
- **Qualifier Ribbons** are awarded to runners who have not received a place award, yet who qualify to State as a team member or individual.
- **Certificates** may be downloaded by each school for their participating athletes. They will be on the West Central District 3 website.
- **FIRST AID.** Sports trainers and an EMT will be on site throughout the day of the meet.

T-SHIRTS. Westside Classic Meet apparel will be available on Saturday.

CONCESSIONS. There will be several food trucks providing food for the event.

2023 RACE TIMES

<u>Race</u>	<u>Time</u>	<u>Awards (Boys follow girls in each classification)</u>
Opening Ceremonies	9:45 am	
CLASS 2A GIRLS	10:00 am	12:05 pm
CLASS 1A GIRLS	10:35 am	12:35 pm
CLASS 2A BOYS	11:05 am	12:05 pm
CLASS 1A BOYS	11:35 am	12:35 pm
Ambulatory Division	12:05 pm	1:05 pm
CLASS 3A GIRLS	12:50 PM	2:55 pm
CLASS 4A GIRLS	1:25 pm	3:25 pm
CLASS 3A BOYS	2:00 pm	2:55 pm
CLASS 4A BOYS	2:30 pm	3:25 pm

Westside Cross Country Classic Meet Procedures

Rules - The 2023 National Federation Track and Field Rules and Records and the 2022-23 WIAA Handbook shall be used. The Games Committee will rule upon any situation or interpretation not covered in the rulebook.

USE OF ATOMIZERS/INHALERS (as per National Federation rule) A letter or note from a doctor must be presented to the meet director or designee before the race documenting the need of the athlete to use the atomizer/inhaler during competition to ensure his/her safety. Without a doctor's statement, the athlete may only use the atomizer/inhaler prior to and after competition.

Jury of Appeals - Any problems that arise before or during the meet should be brought to the attention of the Meet Referee. The Referee's decision may be appealed to the Jury of Appeals. The Jury of Appeals will be composed of experienced cross country officials and coaches. PROTEST FORMS WILL BE AVAILABLE AT THE AWARDS STAND WITH THE MEET ANNOUNCER .

Meet Referee: Terry Rice

Jury of Appeals: Ben Mangrum, Joe Clark, Steve Coker, Jesse McNeil, Patty Ley, Matt Ellis

Uniforms - Contestants shall wear only the uniforms authorized by their school. If there is more than one contestant for a school, uniforms must be alike. Shoes are required. Please refer to the NFHS rules book (page 21-23) for clarification. Runners not in their legal school uniform will not be allowed to run.

Numbers - A competitor must wear a contestant number on the front of the uniform before being allowed to compete.

Lane Assignments

- 1) A random draw for lanes will be made prior to the meet by the Organizing Committee. Drawing will be made the **Wednesday** before the meet.
- 2) All individual runners from a League/Sub-District will be placed in a single lane in order of their finish in the League/Sub-District meet and teams will draw for lanes. If more than six (6) individual runners qualify from an individual League/Sub-District, lanes adjacent to the league/sub-district's lane will be used to accommodate these additional runners.
- 3) Lanes will be wide enough to accommodate at least **three (3)** team members across the front row.
- 4) **Timer on the Course** – Clocks will be placed at the one (1) mile and two (2) mile points to display times during the meet. No other timers will be permitted on the course.

Scoring Procedure

1. **GC Racing** is the official finish line operator. The FinishLynx cameras record front and side views of the finish for each runner. Times and scoring are directly uploaded in the

finish system. Live results will be available and a qr code and link will be posted on athletic.net, the WCD website, and at locations around the meet site.

2. **Coaches:** Train runners to **run through the finish line** and into the finish area. Runners must not obscure their numbers while crossing the finish line, such as by lifting their arms to stop their watches. Runners must cooperate with finish line personnel. Diving at the finish line may be judged an impediment to other runners and result in disqualification of the diving runner.
3. A runner will be scored for his/her individual and team place. Timing chips will be taking the place of the tear-off tags on the bib numbers. Timing chips will be the backup to the finish line video. ***All runners who will be competing will need to go to the chip distribution tent with their race number to pick up their timing chip at least one hour prior to their competition. Only the 7 athletes who are likely to compete will be given a timing chip. If an alternate replaces another member of their team once the chips have been distributed, the alternate shall acquire the timing chip assigned to them (matching their bib number) and the athlete they are replacing shall return their timing chip. In the rare case where a change in runners may occur at the start, when there is no time for the alternate to get a chip, then the alternate shall use the timing chip AND the bib of the athlete they are replacing AND their coach shall notify the timing tent immediately.*** Runners will attach the chip to the lower laces of the shoe they will be wearing during the race. Athletes should **tug** on the timing chip to ensure it is correctly attached to their shoe.
4. Runners and coaches are to stay clear of the official timer at all times during the race. Coaches may request a copy of the race results prior to the meet and pick it up before leaving the site. Each runner will be timed and copies of the complete meet results will be posted at **www.wiaadistrict3.com**, **www.athletic.net**, and **gc.trackscoreboard.com/**.

Scoring

1. The team score shall be determined by totaling the points scored by the first five (5) runners of each team to finish. If fewer than five (5) runners finish, no score shall be listed. Individual finishers will not be counted in team scoring.
2. Ties will be broken as follows: Ties in team scoring shall be resolved by comparing the 6th place finishers from the teams that tie. The team with the best 6th place finisher shall prevail. If a team does not have a 6th place finisher, the team with the 6th place finisher will prevail. If only five (5) competitors finish for both teams that tie, the team scoring shall be resolved by totaling the scores of the first four (4) finishers.

Award Presentations – Plaques, pins and ribbons for each classification will be presented approximately 55 minutes after the beginning of the second race in that classification.

Important Notes

WESTSIDE CROSS COUNTRY CLASSIC REGISTRATION

All Coaches must register their teams on www.athletic.net. Entries for the Westside Classic will be downloaded from the athletic.net website. To register go to www.athletic.net and follow the instructions for registering your team. BE SURE YOU GO TO October 28 AND SELECT WESTSIDE CLASSIC. YOU MUST REGISTER YOUR ATHLETES FOR THE APPROPRIATE RACE. ***Teams may enter 9 runners, but only 7 may run the race.*** ALL QUALIFIED TEAMS AND INDIVIDUALS MUST BE REGISTERED ON www.athletic.net **BY NOON ON TUESDAY, OCTOBER 24, 2023.**

If five or more runners from the same school qualify in the qualifying places at the Sub-District Meet, these runners shall be permitted to run as a team in the **Westside Cross Country Classic Meet**. Only these runners will be allowed to run, and five must finish in order for their school to qualify in the team scoring at the Westside Cross Country Meet. (Only these runners may advance to the State Meet as a team).

Substitution of Runners

1. When an individual contestant cannot compete at the next higher meet (sub-district/league to district), it is the responsibility of the coach and principal of the school of the indisposed contestant to notify the appropriate meet manager, who in turn will notify the principal of the next individual qualified contestant. If the coaches know the name of the next alternate, they should include the coach of the alternate in any correspondence with the meet manager.
2. A school may change runners after a team has qualified in the Sub-District/League Meet, provided the substitute meets WIAA requirements as a participant, i.e., is eligible to compete in the sub-district meet.

GENERAL INFORMATION

1. **No Drones** are allowed at West Central District events
2. There will be multiple food trucks to provide food for teams and spectators.
3. All tents must be at least 10 feet back from any race course flagging or fencing.
4. No footballs, soccer balls, Frisbees, etc will be allowed anywhere within the confines of the race course or spectator areas. Coaches please assist meet officials by letting your athletes know this.
5. There are significant changes to parking this year. Additional parking information will be posted on athletic.net and the WCD website. Please share this with your parents and bus drivers to help avoid frustration and conflict with our volunteers.

DAY OF MEET PROCEDURES

COMPETITORS

1. All parking (buses and spectators) is in the gravel parking lot that is accessed by the Waste Treatment Plant Entrance. (9827 Chambers Creek Rd). For the course preview on **Friday ONLY**, access will be through the Chambers Bay Golf Course entrance, and vehicles will be directed to the gravel parking area. There is no spectator or team access through the Chambers Bay Golf Course entrance on Saturday.
2. Each school will receive **two (2)** passes for coaches of the girl's team and **two (2)** for coaches of the boy's team plus one **(1) pass** for a manager. The head coach is responsible for leaving a pass with the coach's name for any coaches not arriving with the team at the Pass Gate. Additional passes must be requested at www.wiaadistrict3.com by **noon Wednesday, October 27**. Members of the WSCA will be admitted to the Westside Classic with a current WSCA Membership card and photo ID.
3. Coaches may pick up packets in the parking lot by the driving range on Friday during course preview hours, or at the athlete gate on Saturday.. Coach's questions should be directed to the Meet Directors or the Referee.
4. Runners will only be admitted to the course with a race number. Coaches, managers and volunteer helpers will be admitted with wristbands.
5. The racecourse will be open for walk/run through from 8:30 am until 9:45 am.
6. Runners may warm up for the races in the designated warm up area. **Runners must stay off of the Chambers Bay Golf Course adjoining the meet site.**
7. Runners should report to the starting area **15 minutes** before their race. At the starting area, all teams and individual runners must check in with the Clerk of the Course. **ONLY COACHES AND ATHLETES SHALL BE IN THE STARTING AREA.**

SPECTATORS

1. Spectators should park in the designated areas. No parking is allowed anywhere outside the designated parking areas. This is a federal government facility and improperly parked cars may be impounded.
2. ADMISSION PRICES FOR THE WESTSIDE CROSS COUNTRY CLASSIC
NO CASH ADMISSION-GoFan Service fees additional charge
 - Adults-\$8, students w/o ASB: \$8
 - Students w/ASB: \$5
 - Pre-school, 5 yrs and under-free
 - Senior Citizen-62+, Elementary under 12, & military: \$5
3. Spectators must remain off the racecourse at all times. Spectators will be able to watch the races from the outside course boundaries which will be clearly marked with flags, fencing, cones etc.

RACE COURSE

1. The 2023 racecourse is the same as previous years.
2. The warm up area is outside the course. Please do not warm up on the actual course
3. The edges of the racecourse will be clearly marked. Runners are to remain on the path between the marker flags. The mile and 2 mile will be clearly marked and have a clock with the running time of each race.
4. The starting area is closed to all but competitors, coaches, officials and team managers.
5. The finish area is closed to all but competitors and officials. Coaches and managers may meet with the runners in the spectator area after the runners exit the finish chute.

Coaches are reminded that the use of wireless communication devices between coach and athlete, as well as the use of golf carts during the meet is prohibited.