*Final 10/9/2019*

**NPSL SUB-DISTRICT**

**CROSS COUNTRY CHAMPIONSHIPS**

Saturday, October 26, 2019

Ft. Steilacoom Park

**Welcome to all coaches and competitors to Ft. Steilacoom Park and today’s Sub-District Cross Country race. This event brings together athletes from multiple leagues. Enjoy the colorful uniforms racing through the park in an effort to qualify for the West Central District event next week. Good luck to all and have a great day!**

**Governing Rules** - The National Federation Rules shall apply

**Schedule**

**NPSL**

9:00-10:30 Chip handout

9:00 Coaches meeting

9:30 Varsity Boys

10:00 Varsity Girls

10:40 JV Boys

11:10 JV Girls

**Awards following last race**

12:30 SPSL 2A and PCL 3A races start

**LANE ASSIGNMENTS (Random Draw at Pre-season coaches meeting)**

|  |  |  |  |
| --- | --- | --- | --- |
| **1** | Tahoma | **9** | Kentridge |
| **2** | Kentwood | **10** | Mt Rainier |
| **3** | Auburn Riverside | **11** | Federal Way |
| **4** | Kent-meridian | **12** | Auburn |
| **5** | Hazen | **13** | Kentlake |
| **6** | Todd Beamer | **14** | Auburn Mountainview |
| **7** | Kennedy Catholic | **15** | Thomas Jefferson |
| **8** | Decatur | **16** | Enumclaw |

**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. The note must document the need for 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.

**Games Committee/Jury of Appeals**

Any issues that arise before or during the meetshould be brought to the attention of the Games Committee and Jury of Appeals. The Jury of Appeals will be composed of four meet officials and, if available, three cross country coaches from teams not directly associated with the conflict. Doug Aubert will facilitate the committee meeting.

**REGISTERING ATHLETES:**

All athletes need to be entered on athletic.net by Friday October 18th at 3 pm. The race numbers are generated from this site. Each team is allowed to register up to 7 athletes for the varsity race.

**Numbers & Chips**

A competitor must wear a contestant number on the front of the uniform before being allowed to compete. Competitors must also pick up a chip prior to the race.

**Scoring**

The team scores and subsequent order of finish shall be determined by totaling the points scored by the first five (5) runners of each team that complete the race. If fewer than five runners from one team complete the race, a team score of INC. (incomplete) will be awarded that team and the places of all members of that team shall be disregarded in the scoring of the other teams. See NFHS Cross Country Rule 9.2. Team Ties: Ties in the team scoring shall be resolved by comparing the sixth-place finishers from the tying teams.

**Uniforms**

**Coaches and athletes need to be familiar with the National Federation regulations regarding uniforms.** Contestants shall wear only the uniforms authorized by their school. Shoes are required. Remind your athletes of the rules pertaining to t-shirts, spandex, etc (same color if worn by more than one team member where it reaches below the knee).

**Sportsmanship**

All officials are required to enforce rules of sportsmanship for all participants. Acts meant to demean or intimidate opposing runners; teams, coaches, spectators or officials will not be tolerated.

**Awards**

The top 3 individual finishers will receive a medal. Individual finishers 4-10 will receive a ribbon. 70 (# of individual qualifiers) WCD qualifying ribbons to be awarded as athletes come through the chute. Allow the coaches to purchase and award ribbons for the top ten athletes in the JV race. NPSL 4A schools will have the following honors and awards according to the two-division alignment:

**All-league**

**The following are recognized at the sub-district meet:**

* Boy and Girl Athlete of the Year. 1st place finisher at NPSL meet.
* 1st Team Honors, Boy and Girl, 1st thru 7th place by division at NPSL meet.
* 2nd Team Honors, Boy and Girl, 8th thru 14th place by division at NPSL meet.

**The following are awarded at the post-season coaches meeting:**

* Coach of the year, Boys and Girls. Voted on at Post Season meeting.
* Team sportsmanship, Boys and Girls. Voted on at Post Season meeting

**Souvenir Clothing**

Custom t-shirts, sweatpants, etc. will be sold during the day of the race by a contracted vendor, namely Northwest Design.

**SCHOOL RESPONSIBILITIES:**

Schools are responsible for supplying workers to assistant at the meet. **Workers are paid!** Each school is expected to bring 2 workers. These workers need to be at their location throughout the meet. This year’s worker group is as follows:

***2019***

|  |  |
| --- | --- |
| **SCHOOL WORKERS AREA** | **SCHOOL** |
| Finish Line - Cut Chips | *Cascade* |
| Finish Line - Water | *Cascade* |
| Hand out chips | *Paid* |
| Road Crossings (3) | *Paid* |
| 1 & 2 Mile Split | *Paid* |
| Course Monitors - Gator | *Enumclaw* |
| Results (printing and posting) | Meet crew, Aubert |
| *2018 Worker schools* | *Olympic* |
| *2019 Worker schools* | *Cascade* |

***2018***

|  |  |
| --- | --- |
| **SCHOOL WORKERS AREA** | **SCHOOL** |
| Finish Line - Cut Chips | FW, Decatur, Auburn |
| Hand out chips | TJ |
| Road Crossings (3) | AM, AR |
| 1 & 2 Mile Split | TB |
| Course Monitors - Gator | Enumclaw |
| Results (printing and posting) | Meet crew, Aubert |
| *2018 Worker schools* | *Olympic* |
| *2019 Worker schools* | *Cascade* |

**West Central District Qualifying**

The top **10** teams and top **70** finishers from the varsity races (boys and girls) will qualify for the WCD meet to run at ***Chambers Bay Golf Course*** on November 2, 2019. WCD event details are available at the state website [www.wiaa.com](http://www.wiaa.com)

**State Qualifying**

The top **8** teams and top **56** finishers from the varsity races (boys and girls) will qualify for the State meet.