



PRE-MEET INFORMATION

1. **UNIFORM:** Coaches are reminded to be sure their team is in compliance with the uniform rule before they report to the starting line. Rule 8-6 on pages 69-70 of the 2017 NFHS Track and Field Rules Book covers these requirements.
 - a. **8.6.1 PENALTY:** For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

2. The wearing of decorative headwear while competing is prohibited. Headbands with the permissible manufacturer's logo and/or school name are permitted. Rubber bands, scrunchies, ribbons, and elastic bands are not considered jewelry and may be used in the hair. A single solid color knit stocking hat may be worn in frigid weather.
 - a. **8.6.2 PENALTY:** A competitor not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race.
NOTE: The referee may address irregularities 3-4-6 regarding the wearing of assigned number and/or chips.)

3. **CHIPS:** The NSAA State Cross Country Championships will use bib chips that are affixed to the back of the bib that your athlete has been assigned.
NFHS Rule 9-3-3:
 - a. It is recommended a video or photograph, officially designated by the meet director, be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential.
 - b. If the finish order determined by the transponder/chip is reversed through the use of the video system, the times shall also change.

4. **GPS:** The NFHS and NSAA have banned the use of a Global Positioning System (GPS) for cross country participants. The use of the GPS is considered an aid and therefore a violation. The runner is responsible for his/her bearings on the course and direction. This includes any device (watches) that has GPS capability. Athletes who compete with GPS will be disqualified. (See page 10 of the Cross Country Manual online—GPS watches.) GPS watches/devices must be removed, **turning them off does not** comply with this rule.

5. **ATOMIZER** The use of the atomizer must be prescribed by a physician. A letter or note from the doctor must be presented to the meet director/referee documenting the need of the athlete to use the atomizer during competition to ensure his or her safety. Without a doctor's statement, the athlete may only use the Inhaler prior to and after competition.

2017 INFORMATION FOR STATE CROSS COUNTRY COACHES

2017 NSAA CROSS COUNTRY CHAMPIONSHIP SCHEDULE:

Girls Class C—12:00 Noon	Girls Class D—2:00 pm
Girls Class A—12:30 pm	Girls Class B—2:30 pm
Boys Class C—1:00 pm	Boys Class D—3:00 pm
Boys Class A—1:30 pm	Boys Class B—3:30 pm

1. **ARRIVAL:** Teams are not permitted to unload or load on University Drive in front the main entrance to the Kearney Country Club. Safety is our main concern and we don't want any pedestrian(s) getting hit by an automobile on busy streets.
2. **SHUTTLES:** There will be shuttles available to transport drivers and fans to the Health and Sports Center or to the Country Club. Shuttles will run from 10:15 A.M. to 6:00 P.M.
3. **PARKING:** The University has requested that schools and fans park their vehicles in specified areas only. Your cooperation and help in notifying your fans of the request will be greatly appreciated. The campus police are strictly enforcing the no parking on grassed areas. They will ticket your vehicle and have it towed. Team cars or vans may park on the softball fields.
4. **HOSPITALITY:** University of Nebraska at Kearney and the Kearney Chamber of Commerce will have a hospitality room in the UNK Health and Sports Center Thursday afternoon from 4:00 p.m. to 5:00 p.m. and Friday morning for coaches and officials.
5. **PACKETS:** Packets will be available for pick-up at the UNK Health and Sports Center on Thursday, October 19, from 4:00 to 5:00 PM and after 9:00 AM on Friday, October 20. If you arrive on Friday you will need to go to the Sports Center to pick up your packet before going to the course.
 - a. **PASSES: Each boys' team with qualifiers will receive one coach's pass, and each girls' team with qualifiers will receive one coach's pass. Each team that qualifies as a team will also receive one assistant coach's pass.**
 - b. **Contestants' Bib Numbers.** The numbers included in the packet must be pinned on the front of the competitor **to whom they have been assigned**. Put pins through the holes in the four corners of the number.
 - c. **Hip numbers** are also to be worn on the **left hip** and visible for our finish line cameras.
 - d. **Substitutions** may be made on a team that has qualified for the state meet; however, substitution may not be made for a runner who qualified as an individual and his/her team did not qualify. The maximum number of runners per school is seven in Class A and six in Classes B, C, and D. Substitutions may be made when the packet is picked up. **Any substitutions after packet pick-up must be made on the course up to 30 minutes prior to the start of the race.**
6. **COURSE:** Teams will NOT be permitted on the course on Thursday. The course will be open to golfers so you will not be able to walk the course until after 10:30 A.M. Friday morning. The course will be opened to competitors and fans at 10:30 A.M. on race day. Prior to 10:30 A.M., competitors may warm up in the Health and Sports Center or on the practice fields directly west of the H&S Center.
7. **FANS:** Admission is \$7.00 for adults and \$5.00 for students. Fans are reminded to stay off the course and away from the warm-up and competition areas. Footballs, frisbees and other items that interfere with the athletes' warm-up or competition are prohibited and may be confiscated. Bicycles and dogs will not be allowed anywhere on the country club grounds, except dogs assisting the handicapped.

Information for fans can be found on the nsaahome.org website under--
Championship Central <http://nsaahome.org/cross-country-fan-guide/>. This includes information categories--Directions * "Watch & Listen" * Tickets * Championship Programs * Apparel * Hotels * Restaurants * Photos

CROSS COUNTRY
CHAMPIONSHIP CENTRAL

TICKETS WILL BE AVAILABLE ONLINE. PLEASE DOWNLOAD TO YOUR MOBILE PHONE AND SHOW AT THE ENTRANCE, NO PRINTOUTS. THERE WILL ALSO BE TICKETS AVAILABLE FOR PURCHASE AT UNK, \$7.00/ADULTS, \$5.00/STUDENTS (K-12 grade).

8. **ATHLETES AT THE START:** There is a restricted area that is directly behind the starting line of the race. That area is designated as an athlete area and the portable toilets that are located within this area should be for participating athletes only.
9. **UMPIRES/OFFICIALS:** Umpires will be on the course. All rules of NFHS Track & Field and Cross Country will be enforced. **Coaches must report to the starter or finish clerk any runner who does NOT compete or does NOT finish the race.** Track and field false start rules apply to cross-country.
10. **WATER:** Two water stations are located on the course. A coach/team personnel may provide fluids for his or her team, provided it is not in a restricted area and that doing so does not cause interference with other competitors.
11. **TIMING MATS:** There will be two timing mats located at the one-mile and two-mile markers. Unofficial results will be available.
12. **FINISH:** There will be NO CHUTE where athletes will be held after the race. Please inform athletes of this to insure a safe finish area for everyone. DO NOT let your athletes stop at the line. **COACH YOUR ATHLETES TO RUN THROUGH THE FINISH LINE.** They will be directed from there.
13. **RESULTS:** Results will be posted on the wall in the Health and Sports Center for viewing and also online at our website, <https://www.nsaahome.org>. Individual copies will not be available.
14. **AWARDS:** Awards presentations will be made as each class's results become available. The Class C awards presentations should get started about 2:30 p.m. When we have the Class A results available we will start Class A presentations and follow with D and B when those results are available. Results will be posted online on our website--<https://www.nsaahome.org> under Sports-Cross Country. A hard copy will be posted on the wall outside of Sports Center for viewing.
15. **SHOWERS:** We will have two shower areas available in the Health and Sports Center and they will be clearly marked.
16. **T-SHIRTS FOR SALE:** Cross Country T-shirts will be on sale in the UNK Sports Center on Thursday from 4:00 to 5:30 p.m. and on Friday beginning at 9:00 a.m. until they run out. T-shirts will also be sold on Friday at the golf course.
17. **NSAA REIMBURSEMENTS:** The form for these is located on your AD login page under "Other Forms".
18. **NSAA STATE PARTICIPATION CERTIFICATES:** These are available on the nsaahome.org website at the bottom of the Athletic Director AD login page. This will allow the athletes' names to be entered and certificates printed.
19. Please refer to your **2017 NSAA Cross Country Manual** for additional information on the State Cross Country Meet. It is available online at: <http://nsaahome.org/textfile/cc/ccman.pdf>.