



## **2019 INFORMATION FOR STATE CROSS COUNTRY COACHES**

1. **UNIFORM:** Coaches are reminded to be sure their team is in compliance with the uniform rule before they report to the starting line.
  - a. **4.1.2 PENALTY:** (Articles 1, 2) 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. **8.3.3 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.
  
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 8-3-4:** Computerized transponders/chips may be used to record the finish order of a runner in cross country. A bib transponder or two transponders/chips per runner, one attached to each shoe, is preferred. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/ chips, unless meet management is also using an image-based timing system that indicates the order should be adjusted.

  - a. It is recommended an image-based timing system, officially designated by the meet director, be used to verify the order of finish in all cases proactively when desired by meet management and/or if there is a challenge to the finish order.
  - b. If the finish order determined by the transponder/chip is reversed using an image-based timing system, the times shall also reflect the change.
  
4. **Wearable Technologies:** The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

This type of technology is being incorporated into watches, garments, shoes and jewelry and, in most cases, is nearly impossible to distinguish from the same item type that does not include the technology (e.g., Apple watch vs. traditional watch).

NFHS Track and Field and Cross Country Rules do not prohibit the use of wearable technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified.

While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on or the ring they are wearing.

The market for wearable technology is forecasted by most sales and marketing experts to continue to grow – some estimate that nearly 500 million wearables will be sold by 2021. This massive expansion creates the potential for more coaches and athletes to be "connected" through some type of wearable technology. It is important that all involved (administrators, coaches, parents, student-athletes) understand the privacy and legal issues surrounding the sharing of personal biometric information. Discussions and steps should be taken to ensure that compliance with any Federal and State policies or laws are addressed appropriately.

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.

### 2019 NSAA Cross Country Championships Race Schedule

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

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. Vans may park West of the Sports Center. Buses may park at the Buckle and take the shuttle. Handicapped parking is available in Lot 20.
4. **HOSPITALITY:** University of Nebraska at Kearney and the Kearney Chamber of Commerce will have a hospitality area 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 24, from 4:00 to 5:00 PM and after 9:00 AM on Friday, October 25. 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

- e. 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.
  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.
  8. 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



**TICKETS WILL BE AVAILABLE ONLINE. PLEASE DOWNLOAD TO YOUR MOBILE PHONE AND SHOW AT THE ENTRANCE, NO PRINTOUTS. THERE WILL ALSO BE PAPER TICKETS AVAILABLE FOR PURCHASE AT UNK, \$7.00/ADULTS, \$5.00/STUDENTS (K-12 grade). Contact Megan Huber if you have questions, mhuber@nsaahome.org.**

9. **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.
10. **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.
11. **WATER:** Two water stations are located on the course. Water may be provided as long as it is not in a restricted area and that doing so does not cause interference with other competitors.
12. **TIMING MATS:** There will be two timing mats located at the one-mile and two-mile markers. Unofficial results will be available.
13. **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.
14. **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>.
15. **AWARDS:** Awards presentations will be made as each class's results become available. The Awards Ceremony will begin at the UNK Sports Center at approximately 2:30 p.m. for the first two classes running and at approximately 4:00 p.m. for the second two classes running. (See schedule below.)

**2019 Awards Schedule**

2:30 pm	4:00 pm
Class C Girls	Class D Girls
Class A Girls	Class B Girls
Class C Boys	Class D Boys
Class A Boys	Class B Boys

16. 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 the Sports Center for viewing.
17. **SHOWERS:** We will have two shower areas available in the Health and Sports Center and they will be clearly marked.
18. **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.
19. **NSAA REIMBURSEMENTS:** The form for these is located on your AD login page under "Other Forms".
20. **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.
21. Please refer to your **2019 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>.