

GENERAL REGULATIONS AND INFORMATION
2016 VIRGINIA HIGH SCHOOL LEAGUE STATE CROSS-COUNTRY MEET

PLACE: Great Meadow, The Plains, VA

DATE: Friday and Saturday, November 11 and 12, 2016

MEET CO-DIRECTORS: Dave Davis, Charles C. Colgan High School
Ken Wall, Freedom High School (South Riding)
Derek Farrey, Tuscarora High School

TIME SCHEDULE - Friday/Saturday

10:00am.....Coach's Meeting 3A Friday/ 6A Saturday
10:30am.....Group 3A Girls Friday / 6A Girls Saturday
11:15am.....Group 3A Boys Friday / 6A Boys Saturday
11:15am.....Coach's Meeting 2A Friday / 5A Saturday
11:45am.....Group 2A Girls Friday / 5A Girls Saturday
12:30pm.....Group 2A Boys Friday / 5A Boys Saturday
12:30pm.....Coach's Meeting 1A Friday / 4A Saturday
1:00pm.....Group 1A Girls Friday / 4A Girls Saturday
1:45pm.....Group 1A Boys Friday / 4A Boys Saturday

Awards: We will be at the conclusion of each classification

Admission: \$10.00

RULES AND SCORING: Cross Country section of the National Federation Edition of the Track and Field Rule Book (2015)
Scoring (Rule 9- Section 2)

Coaches will not be permitted in the finish line area or chip return area.

NO SPECTATORS ALLOWED ON THE INFIELD. MOST OF THE COURSE IS VISIBLE FROM VIEWING AREA, BUT BINOCULARS ARE HELPFUL. Violation of this rule will prompt disqualification of a school's participants. Coaches shall inform their athletes to turn in their chip before exiting the finish line area. Schools will incur the cost of any unreturned chips.

CHIP TIMING: We will be using Run High for chip timing and scoring the meet. Finish Lynx Cameras will be set up at the finish line. There will also be a finish line judge to call close finishes.

UNIFORM AND EQUIPMENT: Participants are required to wear a school issued uniform top and shorts. Participants must attach their bib number to the front of their uniform. The VHSL will provide bib numbers for each participant. Running shoes or spikes must be worn during the competition. Participants may wear one wristwatch. No Hats or bandannas. Sweat bands are permitted.

ENTRY: Regional Directors need to follow the directions provided for hy-tek entries and also e-mail the Region Directors report (typed) to the VHSL, Dave Davis, and Derek Farrey. The meet directors should collect state entry forms from each school that qualifies or has individuals that qualify for the state meet.

TEAM PACKETS: Available the day of the meet only. Packets may be picked up at the pavilion. Packets will include a course map, bib number, race chips to be attached to both shoes, a time schedule, and coach's meeting agenda.

EXPENSES: All expenses for travel, meals, and lodging must be provided by the competing school.

LODGING: Each coach is responsible for making his or her own hotel reservations. The preferred Marriott hotel is available on the VHSL website.

TENTS: Must be erected behind the house. **No tents are allowed on the hill.**

DRESSING AREA: There will be no dressing area provided. Portable restrooms will be provided.

AWARDS: Team and individual awards will be presented at the Pavilion. Athletes and coaches should listen for a P.A. announcement as to the exact time awards will be presented.

SCHOOL AND INDIVIDUAL QUALIFYING LIMITS: The 1A, 2A, 3A, 4A, 5A and 6A Boys and Girls shall be limited to the top six (6) teams from each region and the top ten 10 individuals (not on a qualifying team) from each regional meet.

STATE CROSS-COUNTRY T-SHIRTS & SWEATSHIRTS: T-Shirts (crew neck, short, & long sleeve) and sweatshirts will be available in a variety of styles. **Fine Designs**, the official merchandiser of VHSL apparel, will be there on Friday and Saturday.

DIRECTIONS: From the east or west ---take I-66 to Exit 31 (Rt. 245-2miles)
From south---take US Rt.17 or US Rt. 29 North to Warrenton, continue north
on US Rt. 17, approx. 8 miles. Great Meadow will be on the right

CAR AND BUS PARKING: GATE 2