

2011 NIAA all-classes NEVADA STATE HIGH SCHOOL boys & girls CROSS COUNTRY CHAMPIONSHIPS

The 2011 Nevada Interscholastic Activities Association's (NIAA) Class 2A, 3A and 4A Nevada State High School boys & girls Cross Country Championship meets, presented by the Las Vegas Review-Journal and the Farmers Insurance Group, are scheduled to be contested Saturday, November 5 at Rancho San Rafael (Washoe County) Regional Park in Reno.

NEVADA CROSS COUNTRY WEB SITE

Please click on the following link, www.runnerspace.com/nv, for general items of prep interest, regular-season meet information and complete results regarding both Southern Nevada and statewide cross country action. <http://www.runnerspace.com/NevadaXCStateChampionships>

MEET SCHEDULE (COURSE MAP: <http://www.usatf.org/routes/view.asp?rID=445024>)

Saturday, November 5, 2011 @ Rancho San Rafael (Washoe County) Regional Park, Reno

Coaches Meeting @ 9:15 a.m. (start/finish line area)

2A GIRLS @ 10:00 a.m.

3A GIRLS @ 10:45 a.m.

4A GIRLS @ 11:25 a.m.

Girls Awards Ceremony @ 12:00 p.m.

2A BOYS @ 12:35 p.m.

3A BOYS @ 1:15 p.m.

4A BOYS @ 1:50 p.m.

Boys Awards Ceremony @ 2:25 p.m.

LOCATION COURSE MAP: <http://www.usatf.org/routes/view.asp?rID=445024>

Rancho San Rafael (Washoe County) Regional Park is located in Reno, two streets (Virginia and Sierra streets) directly west from UNR's Mackay Stadium (football). The main entrance is located on Sierra Street, one long block south of the intersection of North McCarran and Sierra streets.

The start and finish lines are both located in the auxiliary recreational grass playing field, in the middle of the park.

To get to Rancho San Rafael Park... take I-80 into Reno and exit/head north on Virginia Street... turn left (west) on 9th Street... turn right on Sierra Street... follow up the hill. Be ready to turn left when you get on a downhill stretch of Sierra Street. The turn lane into the park will be on the left.

For more information, please call the NIAA office at (775) 453-1012.

Please note that buses must park in designated areas within the park.

ENTRY INFORMATION FOR COACHES

Please be advised that, should your team / individual(s) qualify for the state meet, your league/region entries will be carried through to the state meet. If you need to make changes to your state meet lineup, please use the attached page at the end of this packet (the contact information is listed at the top). **The deadline for notifying the meet staff of changes is Thursday, November 3 at 3:00 p.m.** Thanks in advance for your assistance and cooperation.

STATE QUALIFYING

NIAA Class 2A

- a. Team – The top four (4) teams from the Northern League championship meet and the top two (2) teams from the Southern League championship meet qualify for the six-team state championship meet.
- b. Individual – The top five (5) individuals from non-qualifying teams out of the Northern League championship meet and the top three (3) individuals from non-qualifying teams out of the Southern League championship meet advance to the state championship meet.

NIAA Class 3A

- a. Team – The top three (3) teams from the Northern League championship meet and the top one (1) team (champion) from the Southern League championship meet qualify for the four-team state championship meet.
- b. Individual – The top seven (7) individuals from non-qualifying teams out of the Northern League championship meet and the top five (5) individuals from non-qualifying teams out of the Southern League championship meet advance to the state championship meet.

NIAA Class 4A (Northern Nevada rotation for odd year)

- a. Team – The top **three (3)** teams from the Northern Region championship meet, the top two (2) teams from the Sunset Region championship meet and the top two (2) teams from the Sunrise Region championship meet qualify for the eight-team state championship meet.
- b. Individual – The top five (5) individuals from non-qualifying teams out of the Northern Region championship meet, the top five (5) individuals from non-qualifying teams out of the Sunset Region championship meet and the top five (5) individuals from non-qualifying teams out of the Sunrise Region championship meet advance to the state championship meet.

REPLACEMENT OF A STATE QUALIFIER (team & individual)

The next placer / team from the same league/region will be advanced in the case(s) of injury, illness, ineligibility or lack of participation numbers, but only with notice to the MEET DIRECTOR by Thursday, November 3 at 3:00 p.m. **If there is not a next placer / team available from that same league, the next placer / team from the other 1A/2A/3A league** will be advanced in the same case(s) but also only with notice to the MEET DIRECTOR by November 3 at 3:00 p.m.

GENERAL MEET INFORMATION

1. The championship will be governed by the National Federation and its cross country rules book. The meet will also follow the rules of the NIAA Handbook, the NIAA Reference Manual and this meet information packet. This meet information packet is a binding document for the rules and regulations of this meet.

2. Teams will consist of a maximum of seven runners, but only the first five finishers from a team will be counted in the team score. The scores (finishing places) of the sixth and seventh team members (if applicable) will serve to (displace) make the opponent's score larger. All scoring will be recorded as set in the National Federation rules book. All individuals who qualify as unaffiliated/unattached to a team will be removed from the team scoring process.

NOTE: The "ghost runner" rule will be in effect during the Class 2A races. This team scoring position will be used when a team does not have a fifth and/or fourth finisher. Team must, however, have at least three scoring runners to be eligible to use the "ghost runner(s)" rule.

3. The length of the course in all league/region and state meets will be approximately 5,000 meters. The Rancho San Rafael (Washoe County) Park course consists of grass, dirt, crushed granite, some sidewalk crossings and three bridge crossings. Spikes are NOT recommended.

COURSE MAP: <http://www.usatf.org/routes/view.asp?rID=445024>

4. All team members must wear the same school-issued jersey and shorts. National Federation rules will apply to uniforms.

5. Footwear must be used by athletes. ***Spikes are permitted but discouraged (see No. 3).***

6. Protests of running attire must be made before the start of a race. The race will be held up until the meet referee makes a ruling.

7. Starting boxes will be drawn by the NIAA office and distributed in the coaches packets on race morning.

8. Replacement of a state meet qualifier: **TEAM** = The next placer from the same 1A/2A/3A league ***or, if there is not a next placer available from that league, the next placer from the other 1A/2A/3A league*** will be advanced to the state meet.

a. Occasionally an athlete, after having qualified, will be unable to compete in the state meet because of illness, injury, academic ineligibility or other justifiable cause. If this occurs, and a physician verifies the injury or illness, the next best individual qualifier from the same (league/region) qualifying meet OR the state's other qualifying meet becomes eligible.

b. If it is necessary to use an alternate, the meet director must be notified no later than 36 hours prior to the start of the event.

9. Results will be posted following the event. The NIAA will post results here on the following business day. The NIAA office will distribute results to the media for same evening/next day publication.

10. Spectators will be allowed around the course (not on the course), provided they do not impede the progress of competitors.

11. Athletes and coaches may inspect the course at any time prior to the meet (7:00 – 9:55 a.m.) and between the girls/boys sections (11:50 a.m. – 12:30 p.m.). However, once a first (girls/boys) section race has begun, the course is closed to all persons (except those competing in the race in progress) for the remainder of that (girls/boys) section. Meet officials have the authority to disqualify any individual who does not adhere to these course closure regulations.

AWARDS

The first and second place teams in each class race will receive NIAA trophies. The first-place team will also receive NIAA medals (7) for its individuals. Medals will be awarded to the top seven (7) individual finishers in each class race.

UNIVERSAL MEET TIE-BREAKER

1. Ties involving teams:

a. The aggregate score of the first five finishers for each team shall constitute their team's score. Ties for the championship, runner-up and state qualifying places will be handled in accordance with playoff procedures as written below:

National Federation Rule Book, Rule 9, Section 2, Articles 4 & 5

9-2-4. Ties in team scoring shall be resolved by comparing the sixth-place finishers from tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

9-2-5. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

2011 Nevada State High School Cross Country Championships

RACE DAY REMINDERS

* As a reminder, a maximum of seven (7) runners are allowed in races. Teams starting a race with more than seven competitors will be disqualified.

* No warm-ups, coaches, spectators or managers are allowed inside fenced and/or roped areas. Only race assistants, officials, media and in-race competitors will be allowed in those areas.

**** Athletes and coaches may inspect the course at any time prior to the meet and between the boys/girls sections (see No. 11 under "General Information"). However, once a first (boys/girls) section race has begun, the course is closed to all persons (except those competing in the race in progress) for the remainder of that (boys/girls) section. Meet officials have the authority to disqualify any individual who does not adhere to these course closure regulations.***

* Each race bib has four pins. Please have runners secure the number on the right and left side to the jersey, but do not pin the tear-away portion (bottom) of the tag. The tear-away will be removed in the finish chute.

* Please remember that cutting any part of the course (curves, paths, etc.) to gain an advantage will only lead to disqualification.

* Uniform rules will follow those of the National Federation rule book. Any questioning of uniforms must be done at the starting line.

* Starting box assignments will run left-to-right facing out to the course. All teams must be on the line five minutes prior to the start of the race for a uniform check.

Changes (only) in Meet Entries

Please submit this form to the NIAA office (fax 775-453-1016 or 453-1017 ... donnien@niaa.com) by Tuesday, November 1 at 3:00 p.m. ONLY IF YOU HAVE CHANGES FROM YOUR LEAGUE/REGION MEET TEAM OF SEVEN. Otherwise, your league/region meet team members will be forwarded as the state meet team.

School: _____

(Please circle one of each)..... BOYS / GIRLS 2A / 3A / 4A

Coach: _____

Phone Number: _____

Pos... Full Name..... Year

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Alt. _____

*Welcome to the 2011 Nevada Interscholastic Activities Association's
Class 1A/2A, 3A & 4A boys and girls
Nevada State High School Cross Country Championships, presented by
the Las Vegas Review-Journal and Farmers Insurance Group*

CLASS 2A GIRLS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =

CLASS 3A GIRLS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =

CLASS 4A GIRLS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =

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CLASS 2A BOYS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =

CLASS 3A BOYS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =

CLASS 4A BOYS STARTING BOXES (drawn, by lot, by NIAA office staff)

- 1 =
- 2 =
- 3 =
- 4 =
- 5 =
- 6 =
- 7 =
- 8 =
- 9 =
- 10 =