

Section 6AA Cross Country Meet
Thursday Oct. 24th 2024
Gale Woods Farm,
7210 County Road 110 West
Minnetrista, MN 55364

Races: Varsity only, Girls and Boys

Time Schedule:

- 3:00 PM - Coaches Meeting
- 3:25 PM - National Anthem
- 3:30 PM - Girls 5,000 Meters
- 4:15 PM - Boys 5,000 Meters
- 5:10 PM - Awards (approx.)

Trophies to the top 2 teams, plus team medals (10) - 9 runners and coach.

Medals to the top 10 individuals, plus any State Meet Qualifiers

NOTE: Medals will be awarded to individual qualifiers who do not finish in places first - tenth who are not members of the winning teams, but who will advance to the state meet.

Advancement from Section to State:

1. Team: The first and second place teams from each section shall advance from each section.
2. Individual: The first **6** individual finishers from each section meet who are **NOT** members of the 1st & 2nd teams.

Entries:

- You may enter up to 9 runners
- You may only run 7 at the meet
- Top 5 finishers score for each team
- Teams with less than 5 will not be scored

Race Timing: Bob Schneider from Gopher State Events will be doing the timing,
bob@gsetiming.com

Race Starter/Referee: Mike Lhotka, mikelhotka@gmail.com

Entries are due by Tuesday Oct. 22nd at 8 PM on athletic.net

****Make-Up Date for Inclement Weather: Friday Oct. 25th same race times as above.***

Lane Assignments: will be drawn at random. From left to right looking down the course. (FYI we video taped the drawing just in case anyone has any questions)

1. Delano
2. Orono
3. Holy Family
4. BSM
5. Rockford
6. SWC
7. Breck
8. Annandale
9. Cooper
10. Watertown-Mayer
11. Dassel-Cokato
12. MWHS

Trainer: we plan to have two trainers on site, one located at the start/finish line and the 2nd trainer will be on the golf cart along the course.

Reminders:

School Participation Requirement: Each school must compete in three (3) separate high school varsity meets to qualify for entry into a League sponsored tournament.

Meet Rules: The meet will be conducted under the guidelines of the Minnesota State High School League and NFHS Rules Book. All contestants must wear a school issued uniform. This includes running shorts over leotards or tights. We will use the countdown start - be sure and review that with your athletes. Please see the Rules of Conduct in the Appendix section attached.

Contestant Numbers: Each varsity runner will be provided with a numbered bib and pins. Your lineup will be from the entries that you provided Gopher State Events. You may run up to 7 runners. Numbers and chips will be in your packet which is available at the finish line.

(chips are on the runner's BIB. Runners are to run across the mat at the finish and keep moving to clear the area. NO chip/bib return).

2024 July - TBD if required 3 schools will be selected

Uniform Requirements: Please see the Uniform requirements listed in the attached appendix.

Day Before the Meet:

- Review the start process with your runners - especially on how to finish.
- Review uniform and legal and illegal items
- Review the race course, ALL runners run 2 outer loops, return to finish.
- Make sure all of your runners have a legal uniform.
- Remind your runners they need their bib pinned to their shirt.

Any JV Runners: are considered spectators and must use the spectator areas. Any varsity runner with a bib, but not running must stay off the course during the race. They are considered spectators.

Team Camps: Above the start/finish stadium or by the porta pots. Must not be by Three Rivers Buildings - between the road and the start area. Tents are welcome.

Bus Parking: Buses are to park at WRA Park, 7201 County Rd 110 W, Mound, MN

Please send a time schedule and directions to Gale Woods to your parents. Please remind them that at Gale Woods -

NO DOGS ARE ALLOWED. SHARE WITH PARENTS & SPECTATORS.

Volunteer Assignments: Maps are available at finish line if needed

Please check in at the start area so we know your assignment is covered.

ORANGE RACE OFFICIAL BIBS are available at the finish line. Primary responsibility is to keep spectators OFF the running course and to observe the runners for any infractions. **Each team is responsible for providing 1 volunteer.** Volunteers will be either assigned to the race course to guide runners in the correct direction or at the start/finish line helping to clerk the race.

Race Course Assignments:

1. At the Green House area 175 meters from the start: **Holy Family**
2. Where the runners turn from grass/road to just grass: **BSM**
3. Bottom of the hill (where there is a port-a-potty): **Rockford**
4. Top of hill at the "T" where runners take their 2nd loop: **SWC**
5. Bottom of hill/curve (old girls cut off) picnic table & trash can: **Breck**
6. 2 mile marker area: **Annandale**
7. Back stretch where old girls route re-enters the main trail: **Cooper**
8. Finish area 20 meters in front of the finish line: **Watertown-Mayer & Dassel-Cokato**

Clerks will assist the Meet Referee in checking Uniforms. One clerk will be at 100 meters if a recall is needed. 2nd & 3rd clerks will be at the starting line ensuring athletes are behind the line at the start.

Clerk 1: **MWHS**

Clerk 2: **Delano**

Clerk 3: **Orono**

Section T-Shirt Orders: 6AA Cross Country t-shirts for \$20.00 they must be pre-ordered by: Oct. 3rd. Shirts will also be available for sale the day of the meet.

Meet Manager Contact Information:
Jaime Lundgren - Mound Westonka High School
(O) 952.491.8107
(C) 651.249.9868
lundgrenj@westonka.k12.mn.us

Appendix

Cross Country Uniform Rule Emphasis

The Cross Country uniform rule is primary for the management/administration of the meet and has nothing to do with an athlete's performance. The rule aides the meet management by requiring school teams to dress in like uniforms (consistent in appearance) so that they are easily identifiable when on the course and in the finish area.

Rule Components:

1. Each competitor's uniform shall consist of a full-length uniform top and bottom, or one-piece uniform issued by the school. The uniform must be the same color and design for all team members.
2. The top and/or bottom or one-piece uniform may have school name, logo, nickname and/or competitor's name. The uniform top cannot be knotted or have a knot-like protrusion.
3. The uniform bottom may vary in length and style. Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
4. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
5. Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's bottom shall be worn above the hips and unrolled. There shall be no visible bare midriff while the athlete is in the standing position.
6. One manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of uniform— (top, bottom or one-piece uniform). The American flag, not exceeding 2 x 3 inches is also permitted. A commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom with approval from the school administrative team (superintendent, principal, activities director). The intent of this rule is that the patch has a special meaning to the entire team, not just one person.
7. Any visible garments (with the exception of the sports bra and briefs) worn by two or more relay team members or cross country team members underneath the uniform top and /or underneath the uniform bottom, shall be of the same, single, solid color, but not necessarily the same length. Note...Visible items worn under both the top and the bottom do not have to be the same color (Modifies Rule 4-3-1b.7).

NOTE INTERPRETATION: Undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are legal if the stitching is used for construction of the garment and not design.

8. No clothing, hats or headgear displaying products, slogans, or graphic illustrations that are inappropriate to MSHSL principles will be acceptable. Coaches are responsible for proper team attire and should encourage uniformity on team dress.
9. Each competitor is required to wear shoes. Shoes must be worn on both feet and shall have an upper and recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. The use of slippers or socks does not meet the requirements of the rule. Note: socks and shoestrings are not part of the required uniform.
10. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the meet.
11. There are no restrictions for jewelry or hair control devices. The hair control device cannot be knotted or have a knot-like protrusion. However, baseball hats, scarves, bandanas, do-rags, etc., shall not be worn during competition. Other prohibited items include face/body paint and/or stickers.
12. Arm warmers/lower leg warmers (i.e., skins) are legal and may be worn during a race unless the games committee determines otherwise. Note: Arm warmers/lower leg warmers are not an undergarment nor are they part of the required uniform so the logo and color requirements for uniforms/undergarments do not apply.
13. Competitors may wear soft and secure headwear for religious purposes without prior state association approval.
14. Medical Devices:
 - a. * Insulin Pumps—with approval from MSHSL, an insulin pump may be. Athlete must present MSHSL letter of approval to meet referee.
 - b. * Heart Monitor—with approval from MSHSL, a heart monitor may be worn. Athlete must present MSHSL letter of approval to meet referee.
 - c. * Atomizer—only with physician's statement documenting need. Athlete must present MSHSL letter of approval to meet referee.
15. The head coach shall verify to meet officials in writing (uniform verification form) that his/her competitors are in proper uniform.

In the event of inclement weather, meet management may modify the uniform rule to allow competitors to wear school-approved warm-up suits, hooded sweatshirts, pullovers, sweatpants, hats/caps, gloves, long stockings, leotards, etc. All competitors are expected to present a personal appearance that will reflect the highest credit upon the sport and their school.

The penalty for an illegal uniform: Competitor(s) shall not be eligible for competition until their uniform is made legal.

Please Note: The clerk of course may exercise some preventive officiating by doing a uniform check prior to the race. Please note that the primary responsibility for adhering to the competition rules is that of the competitor and the competitor's coach. While preventative officiating is permissible and even encouraged when applicable, it is not the primary duty of the meet official and in no way minimizes the responsibility of the competitors and coaches to know and abide by the rules.

RULES OF CONDUCT

The Minnesota State High School League Board of Directors has approved the following rules of conduct, which should be enforced by local managers:

1. A runner will be disqualified if a coach or other individual runs with or makes physical contact with her/him.
2. Coaches must be with the spectators or in a restricted area designated by a chalk line behind the runners at the start of the race.
3. Only personnel designated by the meet manager are permitted in the finish area.
4. No mechanical sounding devices may be used, or time splits called by anyone other than official meet personnel.
5. CELL PHONES or EAR BUDS are not allowed in the competition area.