

GENERAL REGULATIONS AND INFORMATION
2009 VIRGINIA HIGH SCHOOL LEAGUE CROSS COUNTRY MEET

PLACE: Great Meadow, The Plains, VA

DATE: Saturday, November 14, 2009

MEET CO-DIRECTORS: Dave Davis, Mountain View High School
Ken Wall, Freedom High School (South Riding)

TIME SCHEDULE

10:00 a.m.....Coach's Meeting (Group A)
10:30 a.m.....A Girls
11:15 a.m.....A Boys
11:15 a.m.....Coach's Meeting (Group AA)
11:45 a.m.....AA Girls
12:30 p.m.....AA Boys
12:30 p.m.....Coach's Meeting (Group AAA)
1:00 p.m.....AAAGirls
1:45 p.m.....AAA Boys
2:15 p.m.....Awards Ceremony

ADMISSION : \$8.00

RULES AND SCORING: Cross Country section of National Federation Edition of Track and Field Rule Book (2006-07 Edition) Scoring (Rule 9 - Section 2). Coaches will not be permitted in the finish line area or chip return area.

NO SPECTATORS ALLOWED ON THE COURSE, 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.

CHIP TIMING: We will be using Run High for chip timing and scoring the meet. Video 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 school issued uniform top and bottom. 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. Participants may not wear LIVESTRONG bracelets or other jewelry. No Earrings allowed to be worn during the competition. No hats or bandannas. Sweat bands are permitted.

ENTRY: Regional Directors need to follow the directions provided for Hy-Tek entries and also email Region Directors report to the VHSL (mmccall@vhsl.org), 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. Pick up at the pavilion. Packets will include a course map, bib number, Hy-tek entry sheet, race chips to be attached to shoe, a time schedule, and coach's meeting agenda.

EXPENSES: All expenses of travel, meals, and lodging must be provided by the competing schools or their.

LODGING: Each coach is responsible for making his own motel reservations. A list of motels in the Warrenton-Manassas area is enclosed.

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

DRESSING AREA: There will be no dressing area provided. Porta-johns will be provided.

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

SCHOOL AND INDIVIDUAL QUALIFYING LIMITS: The A, AA and AAA Boys and Girls shall be limited to the top four teams from each regional and the top 15 individuals from each regional meet.

PARTICIPATION LIMITS: "If a school maintains separate teams in the same sport for girls and boys, girls may not compete on boy's teams and boys may not compete on girls teams." If a school sponsors one team composed of members of both sexes, the principal shall have designated the team as a boy's team on the eligibility form.

STATE CROSS COUNTRY T-SHIRTS & SWEATSHIRTS: T-shirts (crew neck, short & long sleeve) and sweatshirts will be available in a variety of styles. Martin Screen Prints will be there on Friday and Saturday.

DIRECTIONS:

From east or west - take I-66 to Exit 31 (Rt. 245-2 miles)

From south - Take U.S. Rt. 17 or U.S. Rt. 29 North to Warrenton, continue north on U.S. Rt. 17, approximately 8 miles. Great Meadows will be on the right.

Car and Bus parking – Gate 2