

# Information for State Qualifying Coaches

## ➤ Meet Schedule

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| ○ 9:15am - 2A/4A Coaches' Meeting | 2:15pm - 1A/3A Coaches' Meeting |
| ○ 10:00am - 2A Men's Race         | 3:00pm - 1A Men's Race          |
| ○ 10:30am - 4A Men's Race         | 3:30pm - 3A Men's Race          |
| ○ 11:00am - 2A Women's Race       | 4:00pm - 1A Women's Race        |
| ○ 11:30 am- 4A Women's Race       | 4:30pm - 3A Women's Race        |

## ➤ Passes

- Passes shall be provided to competitors and coaches according to the following guidelines:
  - **Individuals:** Number of qualifiers plus two coaches
  - **Team:** Includes 7 runners & 2 alternates; Coaches - 2 per school male & female teams. Head and assistant coaches NEED to arrive with their teams and individual runners.
- Head Coach, Assistant Coaches, Participating and Non-Qualifying Athletes must ALL enter together.

## ➤ Non-Qualifying Athletes

- These athletes will get into the State Championships for \$5.00, but they MUST be accompanied by their coach and enter at the team gate in between the two baseball fields. Coaches: to expedite the entry process, please collect the \$5.00 from each non-participating athlete and purchase their wristband for them when you pick up your team packet.

## ➤ Contestant Materials

- **One packet per school:** Coaches may obtain instructions, passes, and contestant numbers beginning at 8:00 A.M. on Saturday, Nov. 3.
- **Back gate entrance/Near Fields:** Use this location if your school has at least one team competing.
- **Front gate entrance:** Use the tent on the left side of Beeson Road if your school only has individual qualifiers.
- Packets will also be distributed on Friday afternoon (3-6pm). **Do not give out bibs to runners until the day of race.** The bibs have disposable chips and can be voided if not handled correctly.

## ➤ Course Inspection

- The Town Manager of Kernersville has granted permission for state qualifying teams and individuals to inspect the cross-country course at Ivey M. Redmon Sports Complex on Friday, November 2<sup>nd</sup> prior to the State Meet beginning at 2:30 P.M. The park will close at 6:00 P.M. that day; therefore, the grounds must be cleared of all people by 6:00 P.M.
- On Saturday, the course is available for inspection from 7:30 A.M. to 9:45 A.M. and from 12:00 P.M. to 2:45 P.M.
- The course must be cleared for the next race fifteen minutes prior to the scheduled start of the race. Public address announcements will be made regarding course inspection times. Failure to abide by inspection regulations could result in disqualification of contestants/teams.

## ➤ Team Camp

- Team tents and camp area will be set up in the two outfields of the baseball fields. Teams can select which outfield they would like to set up in. **PLEASE STAY OFF OF THE INFIELD DIRT ON THE BASEBALL FIELDS!** Team camps are not permitted inside the spectator area of Ivey M. Redmon Sports Complex. **STAKE DOWN ALL TENTS!** Teams will enter through the team gate in between the two baseball fields.

## ➤ Prohibited Items

- The presence of pets and recreation equipment at the State Cross Country Meet will not be permitted. Frisbees, footballs, baseballs, softballs, concealed weapons, pets, and dogs except for service dogs are prohibited. In addition, no fences are to be climbed at Beeson Park. Individuals that violate this regulation will be requested to leave with no refund of the admission fee.

## **Cross Country Uniform Rules:**

*The ultimate responsibility to have each competitor compliant with the uniform rules is with the coach. Meet officials will emphasize this at the coaches' meeting and if a coach has any questions as to the legality of their competitors' uniform, they need to have them answered before the start of the race.*

***Below are a few uniform rule reminders. Please refer to the 2018 NFHS Rules Book for a full explanation of the uniform rules.***

### **NFHS Rule 4-3-1b (4)**

- A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.

### **NFHS Rule 4-3-2b**

- Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

#### **NOTES:**

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment is worn under the uniform top, all must be the same color.
3. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the under-garment's construction is legal.

### **NFHS Rule 4-3-1c (2; 4-5; 7)**

- Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
- The waistband of a competitor's bottom shall be worn above the hips.
- A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
- Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2¼ inches are permitted on the undergarment.

#### **NOTES:**

1. Visible items worn under both the top and the bottom do not have to be the same color.
2. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.
  - a. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

#### **OTHER RULES TO NOTE:**

- GPS Watches are prohibited.
- DO-RAGS, BANDANAS, SKULLCAPS, and HATS unless for "religious or medical reasons" **are prohibited. Headbands, if worn must be a maximum of 2 inches wide and can have a single manufacturer's logo/school mascot not exceeding 2 ¼ inches by 2 ¼ inches.**