

*student-athlete focused
membership-driven*

TriadMathandScienceAcademy



**SINCE
1913**

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**2023
NCHSAA CROSS-COUNTRY
CHAMPIONSHIP MEETING
OCTOBER 31, 2023**



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NCHSAA Cross-Country Championship Meeting

❖ OBJECTIVES OF MEETING:

1. Expectations
2. Meet Information
3. Questions

❖ In respect to others, please mute yourself until you are ready to speak



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Expectations of Schools/Coaches/Athletes

- ❖ Be proud of the accomplishment that your team has made this year
- ❖ Sportsmanship/Fair Play/Integrity/Respect
- ❖ Be on time to the event and starting line
- ❖ Uniforms following NFHS rules
- ❖ Participants on-time for races



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Meet Information

- ❖ November 4, 2023
- ❖ Ivey Redmon Sports Complex, Kernersville, NC
- ❖ The course will be open Friday, November 3 from 2:30 – 6:00 p.m.
- ❖ Packet pick-up will be Friday from 3:00 – 6:00 p.m.
- ❖ Gates will open on Saturday at 7:00 a.m.
- ❖ Admission: \$10.00 (\$8.00 to the NCHSAA) \$2.00 (Town of Kernersville)



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Supervision

- *If the head coach cannot be present at the State Meet, a written request (on school letterhead) from the school's principal must be submitted to the NCHSAA no later than the day before the meet.*

Please send to: Rhonda@nchsaa.org



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Prohibited Items

- ❖ The presence of pets and recreation equipment
- ❖ Frisbees, footballs, baseballs, softballs, concealed weapons, pets, and dogs except for service dogs
- ❖ Drones (NCHSAA and Ivey Redmond Policy)
- ❖ No climbing fences at Beeson Park
- ❖ Individuals who violate this regulation will be requested to leave with no refund of the admission fee.



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Packets/Bibs/Wristbands

- ❖ There will be one packet per school given to coaches
 - Packets can be picked up Friday, November 3, 2023, from 3:00 – 6:00 P.M. or
 - Saturday, November 4, 2023, beginning at 7:00 A.M.
 - Wristbands, protest forms, substitution forms, and other items will be in the packets
 - PLEASE Do not give out bibs to runners until the day of the race. Chips can be voided if not handled correctly

- ❖ Wristbands shall be provided to competitors and coaches according to the following guidelines:
 - **Individuals:** Number of qualifiers plus ONE (1) wristband
 - **Team:** Includes 7 runners & 2 alternates;
 - **Coaches:** Each School will get ONE (1) wristband for the girl's head coach
Each school will get ONE (1) wristband for the boy's head coach
Coaches will be able to enter for free with their NCCA coaches' card

- ❖ Head Coach, Assistant Coaches, and participating athletes must ALL enter together.



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Coaches Meeting/Race Times/Awards

1A/3A

1A/3A Coaches Meeting 8:15 a.m.

❖ 1A Men 9:00 a.m.

❖ 3A Men 9:40 a.m.

❖ 1A Women 10:20 a.m.

❖ 3A Women 11:00 a.m.

❖ Awards Presentation



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Coaches Meeting/Race Times/Awards

2A/4A

2A/4A Coaches Meeting 1:15 p.m.

❖ 2A Men 2:00 p.m.

❖ 4A Men 2:40 p.m.

❖ 2A Women 3:20 p.m.

❖ 4A Women 4:00 p.m.

❖ Awards Presentation



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Packet Pick-Up Information

❖ **Friday: At the Finish Line**

❖ **Saturday**

- **Team Qualifiers:** Right side of the baseball scoring tower at the **Green** tent
- **Individual Qualifiers:** Pick up at the NCHSAA tent near the spectator entrance gate (There will be signage)
- **Packets must be picked up by the head coach**



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Course Inspection

❖ Friday, November 3:

- 2:30 p.m. - 6:00 p.m.
- All people must be off the course at 6:00 p.m.

❖ Saturday, November 4:

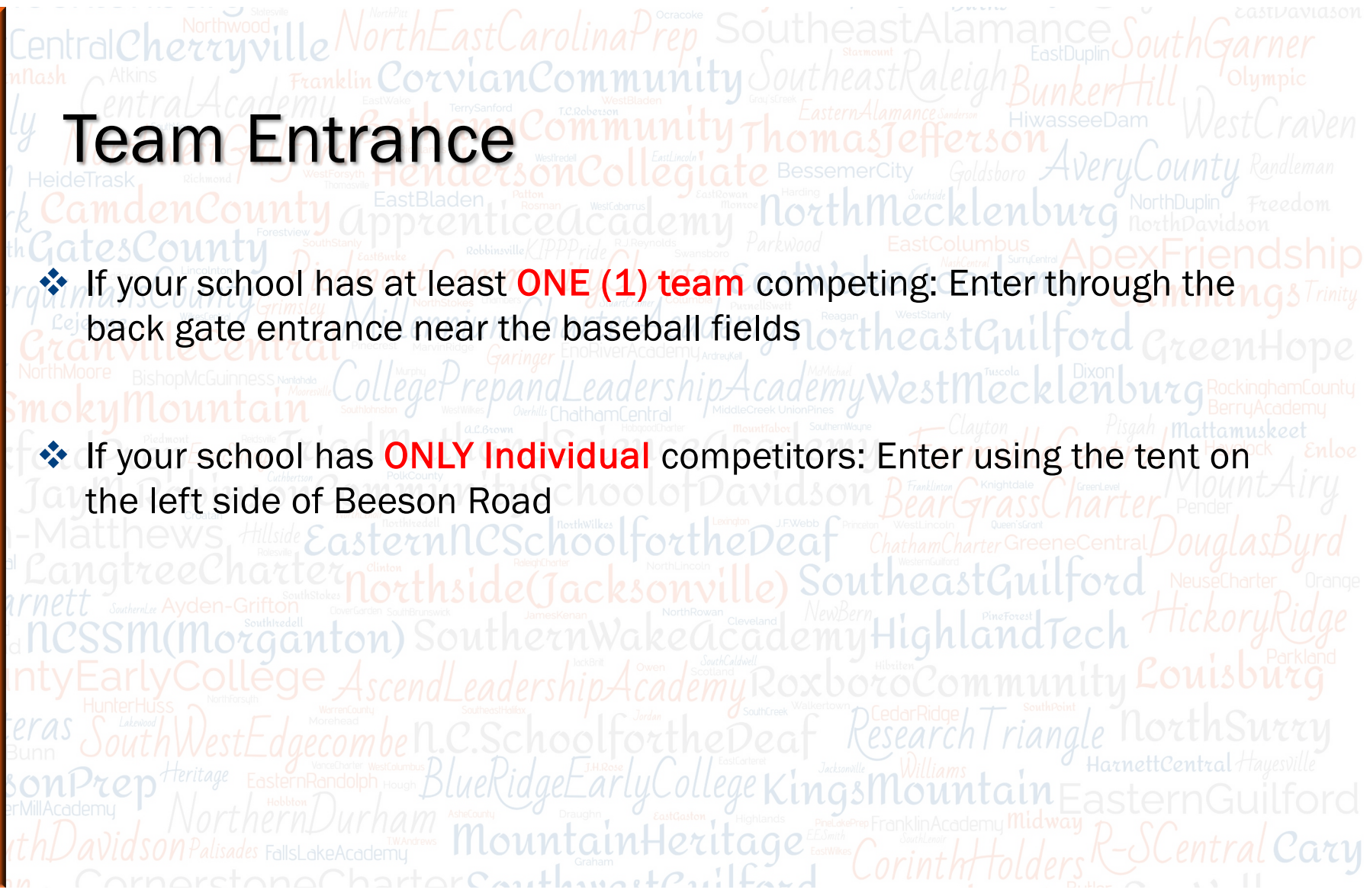
- 7:00 a.m. - 8:45 a.m.
- 12:00 p.m. - 1:45 p.m.
 - The course must be cleared for the next race fifteen minutes prior to the start of the race.
 - Failure to abide by inspection regulations could result in the disqualification of runners/teams



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Team Entrance

- ❖ If your school has at least **ONE (1) team** competing: Enter through the back gate entrance near the baseball fields
- ❖ If your school has **ONLY Individual** competitors: Enter using the tent on the left side of Beeson Road





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Parking

❖ Buses

- Will be directed to park in a designated parking lot. Passes are not needed for buses to park.
- Please make sure that all items are on the bus and not in cars

❖ Spectator Parking:

- Spectators will park in the lot across the road from the park entrance
- Handicap parking will be in the gravel lot near the start/finish area. **Handicap placards must be visible**



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Parking for Coaches

- ❖ Coaches driving their own cars will park in the spectator parking lot even if you have an athlete(s) with you.
- ❖ Coaches will park free with their coach's card
- ❖ Coaches' card DOES NOT give access to VIP parking



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Team Camp

❖ Team tents and the team 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 THE INFIELD DIRT ON THE BASEBALL FIELD**

- Team camps are **NOT** permitted inside the spectator area of Ivey M. Redmon Sports Complex

- **Please remember to stake down all tents!!**



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Starting Line

- **There will be a Marshall at the starting line to make sure the starting area does not have anyone there and keep people behind the fence**



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NFHS Uniform Reminders

- ❖ The responsibility for each student-athlete to be properly dressed and in compliance with the NFHS rules ultimately belongs to the head coach.
- ❖ This will be emphasized at the coach's meeting and if there are any questions as to the legality of a competitor's uniform, they should be answered and taken care of before the start of a race.



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Uniforms Cont.

- ❖ The top shall not be knotted or have knot-like protrusions. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
- ❖ Loose-fitting-boxer-type-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
- ❖ French or high-cut apparel shall not be worn in lieu of the uniform bottom.
- ❖ The waistband shall be worn above the hips.



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Uniforms Cont.

- ❖ All relay and cross-country team members must wear uniforms clearly indicating, through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team.

- **NOTE: The official should be able to observe that all members are from the same team.**

- ❖ **OTHER RULES TO NOTE:**

- **GPS Devices are prohibited.**

- **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.**



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Uniforms Cont.

- ❖ If temperatures are cold enough, the NCHSAA will relax the “No headgear” rule.
- ❖ Runners may wear school-approved headgear that does not display any obscene or derogatory images or words.
- ❖ The headgear must also adhere to NFHS logo rules: a single, visible manufacturer’s logo and/or single school name or insignia no more than 2 ¼ inches are permitted.



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Medical Tents

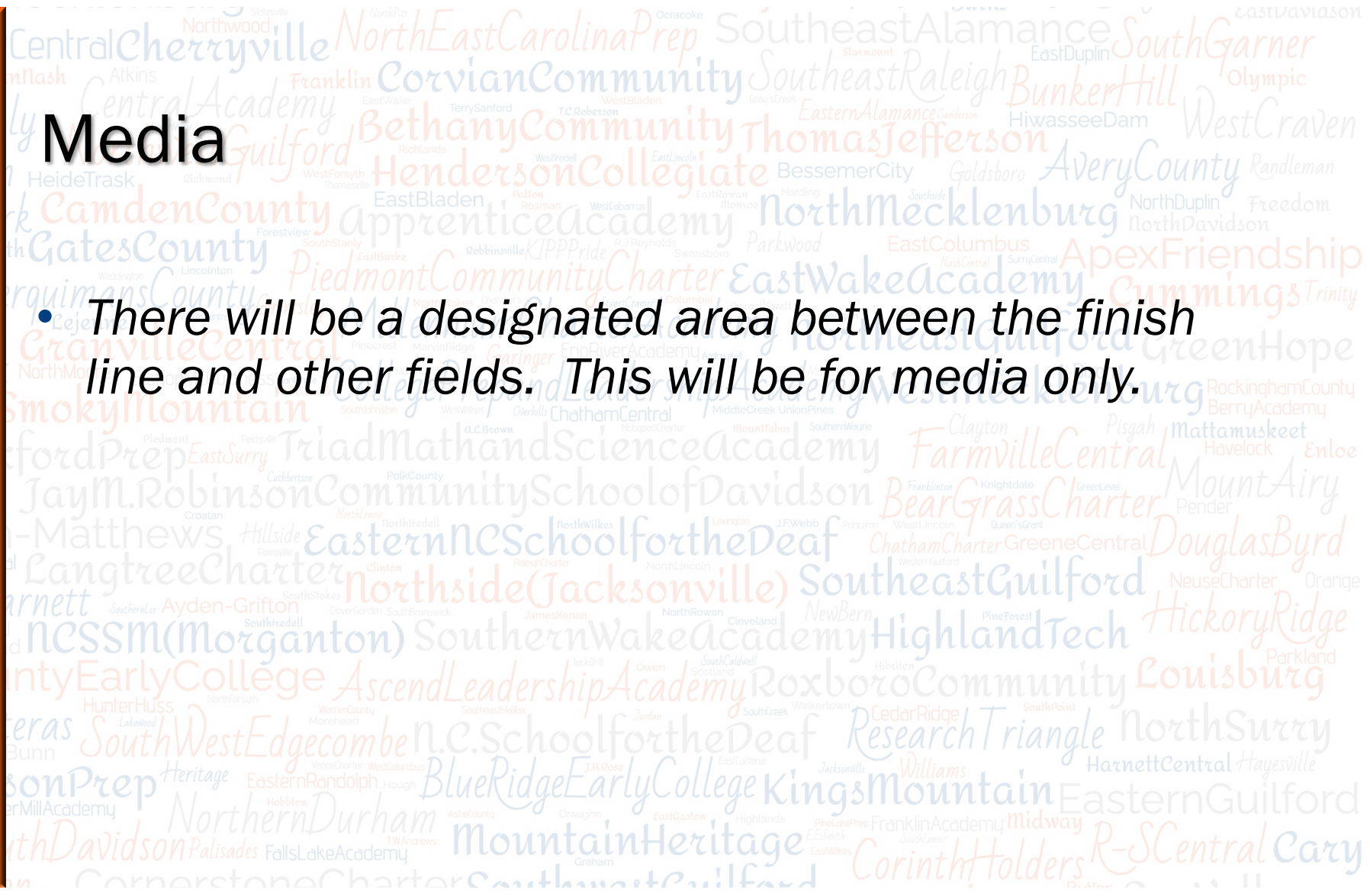
- There will be several licensed athletic trainers, doctors, and student trainers on site. Please make sure we keep that area clear so that they can properly tend to athletes in need.



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Media

- There will be a designated area between the finish line and other fields. This will be for media only.





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Final Reminders

- Runners will need to be at the starting line 15 minutes before the race.
- Blocking is not allowed and will result in disqualification
- Runners must not impede another runner who is attempting to pass
- Parents and spectators must stay off the course during the race.
- GPS use will be grounds for disqualification
- Make sure all athletes are in uniform compliance

Questions

Congratulations
and Good Luck
to all our
member schools

