

NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
500 Charleston Drive, PO Box 85448
Lincoln, Nebraska 68501-5448
402-489-0386

TO: Athletic Directors/Cross Country Coaches
FROM: Jon Dolliver, Assistant Director
SUBJECT: State Cross Country Meet
DATE: October 2011

PRE-MEET INFORMATION

1. 2011 NSAA STATE CROSS COUNTRY MEET SCHEDULE:

Girls Class C—12:00 Noon	Girls Class D—2:00 pm
Girls Class A—12:30 pm	Girls Class B—2:30 pm
Boys Class C—1:00 pm	Boys Class D—3:00 pm
Boys Class A—1:30 pm	Boys Class B—3:30 pm

2. Team and/or individual packets will be available at the UNK Health and Sports Center from 4:00 - 5:00 p.m. on Thursday, October 20 and after 9:00 a.m. Friday, October 21. When you arrive on Friday you will need to go to the Sports Center to pick up your packet before going to the course. More specific information on the State Meet will be in your packet. CROSS COUNTRY ADMISSION: EACH BOY'S TEAM WITH QUALIFIERS WILL RECEIVE ONE COACHES' PASS, AND EACH GIRL'S TEAM WITH QUALIFIERS WILL RECEIVE ONE COACHES' PASS.
3. NSAA CHAMPIONSHIP PARTICIPATION CERTIFICATES
The NSAA State Participation Certificates are accessible and can be printed by member schools who have students qualified for the NSAA State Cross Country Championship. There is an NSAA State Participation Certificates link at the bottom of your school AD's page.
4. CHIP TIMING: ChampionChip Minnesota will provide the computerized timing of all finishers in the NSAA State Cross Country Championships. Chips will be available on race day only and must be picked up at the Kearney Country Club clubhouse located just north of the entrance by HEAD COACHES ONLY.
- a. Chips for each contestant: Please follow the instructions included with each contestant's chips. Each contestant is assigned two (2) chips. Please verify the numbers match with the Bib number you have been assigned. You must attach the chips to the runner's shoelaces. Wear your chips: *No chip – no time or place!* You must wear the chips assigned to receive a time and place. Do not forget your chips when reporting to the starting line. A runner who finishes the race without having at least one of the two issued chips will be disqualified.
 - b. Pick-up and Return of chips: Each team and individual has been assigned a certain number of chips. The chips will be in a white envelope for each runner. These will need to be returned in the same envelope in which they were given to you, to the Chip Return area located at the Kearney Country Club clubhouse. There will be NSAA and UNK Staff to count and verify that the correct number of chips has been returned. Coaches: Be certain you have all the chips before reporting to the chip return area.
 - c. Schools will be charged \$30 per chip if the chips issued to your school are not returned.
 - d. NFHS Rule 9-3-3: Computerized chips may be used to record the finish of a runner in cross country, provided the chips are attached to both shoes of the runner. When chips are used, it is the position of the chip, not the torso, which determines the finishing position of the runner.

5. FINISH: There will be NO CHUTE where athletes will be held after the race. Please inform athletes of this to insure a safe finish area for everyone. DO NOT let your athletes stop at the line. Please instruct them to run through the finish line and they will be directed from there. COACH YOUR ATHLETES TO RUN THROUGH THE FINISH.
6. The NFHS and NSAA have banned the use of a Global Positioning System (GPS) for cross country participants. The use of the GPS is considered an aid and therefore a violation. The runner is responsible for his/her bearings on the course and direction. This includes any device (watches) that has GPS capability. Athletes who compete with GPS will be disqualified.
7. Admission is \$7.00 for adults and \$5.00 for students. Coaches' and Contestants' passes will be included in your packets. No one will be admitted without a pass.
8. Teams will NOT be permitted on the course on Thursday. The course will be open to golfers so you will not be able to walk the course until after 10:30 A.M. Friday morning. The admission gates and the course will be opened at 10:30 A.M.
9. Teams are not permitted to unload or load on University Drive in front the main entrance to the Kearney Country Club. Safety is our main concern and we don't want any pedestrian(s) getting hit by an automobile on the busy street. We encourage teams to park at their team parking areas and take the shuttle. There will be shuttles there to transport the drivers and fans back to the Health and Sports Center or to the Country Club. Shuttles will run from 10:15 A.M. to 6 P.M. Please inform your fans of the parking lots and the shuttle service. Parking is limited. Please make the enclosed map available to parents and fans that will be attending the meet. The campus police are strictly enforcing the no parking on grassed areas. They will ticket your vehicle and have it towed. Please make your fans aware of this. Team cars or vans may park on the softball fields.
10. Spectators are reminded to stay off the course and away from the warm-up and competition areas. Footballs, frisbees and other items that interfere with the athletes' warm-up or competition are prohibited and may be confiscated.
11. University of Nebraska at Kearney and the Kearney Chamber of Commerce will have a hospitality room in the UNK Health and Sports Center Thursday afternoon from 4:00 p.m. to 5:00 p.m. and Friday morning for coaches and officials.
12. A contestant who needs an inhalant may carry an atomizer with him/her during the race, if he/she has a WRITTEN statement from his/her doctor. If you have a runner who plans to carry an atomizer during the race, you must present a written statement to the starter prior to the race.
13. The restricted areas indicated on the map are to be clear of coaches or fans. Any runner receiving aid from a non-runner in these areas could be disqualified. Please make parents and other fans aware of these restricted areas.
14. Two water stations are located on the course. These stations are operated by UNK Trainers and only their personnel may provide water to competitors. Coaches and/or parents will not be permitted to disperse water.
15. Cross Country T-shirts will be on sale in the UNK Sports Center on Thursday from 4:00 to 5:30. Shirts will be on sale Friday beginning at 9:00 a.m. until they run out. T-shirts will also be sold on Friday at the golf course.
16. Bicycles and dogs will not be allowed anywhere on the country club grounds, except dogs assisting the handicapped.
17. Awards. Awards presentations will be made as each class's results become available. The Class C awards presentations should get started about 2:30 p.m. Class A presentations will be made as soon as results become available, followed by Classes D and B. Results will be posted on the wall for viewing and also online at our website, <https://www.nsaahome.org>. Individual copies will not be available.

18. Coaches are reminded to be sure their team is in compliance with the uniform rule before they report to the starting line. Rule 9-6 on pages 70-72 of the 2011 NFHS Track and Field Rules Book covers these requirements.

2011 CROSS COUNTRY UNIFORM/JEWELRY RULES (NFHS RULES BOOK)

SECTION 6 COMPETITOR'S UNIFORM

ART. 1 . . . Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design and have the following restrictions:

- a. Each competitor shall wear shoes.
1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a full length uniform top or one-piece uniform issued by the school.
1. The top or one-piece uniform may have school identification and the top may have the competitor's name.
 2. The top shall not be knotted or have a knot-like protrusion.
 3. 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.
 4. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

5. Bare midriff tops are not allowed.
6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.
7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom 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.

c. Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.

1. The bottom or one-piece uniform may have the school identification.
2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls . Closed-leg briefs are acceptable for girls.
3. French or high-cut apparel shall not be worn in lieu of the uniform bottom.
4. The waistband of a competitor's bottom shall be worn above the hips.
5. 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.
6. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom or top.

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom 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 bottom, all must be the same color.

ART. 2 . . . A competitor shall wear the assigned contestant number and/or computer chip(s) during competition. The number and/or chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: (Arts. 1, 2) For illegal uniform, the competitor is disqualified from the event.

ART. 3 . . . Jewelry shall not be worn by competitors.

a. Medical alert medals are not considered jewelry. The alert should be visible.

When the medal is attached:

1. to a bracelet made of metal or an unyielding material, it shall be taped to the body.
2. to a bracelet made of a pliable material, it is not required to be taped to the body.
3. to a necklace, it shall be taped to the body.

b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.

c. A watch may be worn around the wrist. NSAA rule: Watches with GPS capabilities are illegal.

d. Unadorned devices, such as bobby pins, barrettes, and hair clips, no longer than 2 inches, may be worn to control a competitor's hair.

PENALTIES: When a meet official observes a competitor wearing jewelry, the official shall:

1. when prior to the start of the race, notify the competitor and his/her coach to remove the jewelry before becoming eligible to compete and the referee issues a team warning that should jewelry be observed on any team member during the race, he/she is disqualified;
2. when during the race, notify the meet referee who shall issue a team warning for violation of the jewelry rule and if the school is entered in subsequent races, of the same gender, on that same day, any further violation shall result in a disqualification of the competitor involved.

NOTE: The ultimate responsibility to have each competitor compliant with uniform and jewelry rules is with the coach.

ART. 4 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

ADDITIONAL NSAA RULES

Headwear: The wearing of decorative headwear while competing is prohibited. Adornments on helmets used for pole vaulting are also prohibited. Headbands may be worn by track & field competitors, but must be unadorned (except for the permissible logo and/or school name) and be the following colors; beige, white, black or a single solid school color. All team members must wear the same color. Pre-wrap may be used to control hair under the following conditions:

1. If the same size as a headband (2" wide), the color shall conform to the headband guidelines.
2. If wider than 2 inches, the pre-wrap shall be considered a decoration and is not permitted.
3. If rolled and less than 2 inches wide, it is considered a hair control device similar to a rubber band and may be of any color.

GPS Watches: Watches with GPS capabilities are illegal and shall not be worn.

Please refer to your 2011 NSAA Cross Country Manual for additional information on the State Cross Country Meet.