

TO: Athletic Directors, Coaches, Runners and Fans
FROM: Dennis Charbonneau, Wamego High School Athletic Director
Rick Patton, Wamego High School Cross Country Coach
RE: 1-2-&-4A 2018 KSHSAA State Cross Country Meet
Wamego Country Club
Wamego, Kansas
Saturday, November 2, 2019

Congratulations! Wamego High School and the City of Wamego welcomes you to the State Cross Country Meet. We hope your time here is an enjoyable experience. The following information should be helpful to you. Awards times are set so coaches and fans have time to see their respective athletes receive their awards.

CLASS	RACE TIME	AWARDS TIME
1A Girls	10:00 AM	1A Girls 12:45 PM
4A Boys	10:35 AM	1A Boys 1:00 PM
2A Girls	11:10 AM	4A Boys 1:15 PM
1A Boys	11:45 PM	4A Girls 1:30 PM
4A Girls	12:20 PM	2A Girls 1:45 PM
2A Boys	12:55 PM	2A Boys 2:00 PM

Coaches meeting: There will be a short meeting right before the start of each race. The head coach from each school must attend this meeting.

Course: The following link will take you to the cross country page. Click on the link that says State and Wamego Invite XC map.
<http://www.usd320.com/vnews/display.v/SEC/Wamego%20High%20School%7CAthletics%20and%20Activities%3E%3ECross%20Country>

You can also find a copy of the course map at the end of this document: Page 7

The course will **NOT** be available for preview or warm-up on Friday, November 1, 2019 This is at the request of the Wamego Country Club. Thanks for your understanding and cooperation on this matter.

Admission: The admission price will be **\$6.00 for students K-12 and \$9.00 for adults**. This price is set by KSHSAA.

Pass Gate: Two coaches and one manager will be admitted free of charge at the pass gate. The competitors enter the course at the same pass gate. Superintendents, principals and athletic directors in attendance will also be admitted free of charge at the pass gate.

Dressing: Dressing rooms and showers **will not be available**. The restrooms at the entrance to the stadium will be open for your use.

Parking: All buses, vans, and cars will be parked in the Wamego Sports Complex parking lot directly across from the Golf Course. We ask that all buses and/or school vehicles park along the south side of the lot as close to the football stadium as possible. Please do not park on Highway 24 or along Columbian Road.

Scoring: *Heartland Timing has been contracted by KSHSAA to score the championship races. Each competitor will receive a bib that has a timing chip as part of its design. A finishlynx camera and an identilyn timer camera will be used to place runners that are very close when crossing the finish line. The determining factor for the order of finish is the torso crossing the finish line.*

Bib numbers: Since the bibs will act as the chip, no chips will need to be returned. The most important thing is to make sure that your runners are wearing the bib that is assigned to them. Please check and double-check that runners are wearing the bib in which they are assigned.

Results: Coaches will be able to pick up race results once Heartland Timing has finalized the results of each race. Hard copies of the results will be at the finish area near the tent or van that Heartland Timing is working from. Heartland Timing will post real-time results of each state race on their website as well for coaches and fans to access: <http://www.heartlandtiming.com/index.htm>

Parents and Fans: Parents and other fans **WILL NOT** be allowed near the finish line/trailer area. People working in the trailer will only field questions or concerns from coaches, not parents. People other than coaches will be escorted away from the area. Coaches, please share this with your parents. Thank you.

Pets: **Please do not bring pets onto the cross-country race area or golf course. Our admissions attendants will not allow anyone to enter with animals other than those required for handicapped assistance.**

Awards Location: The award presentations will be inside the sports complex stadium to take advantage of the permanent sound system. The stadium seating allows all a clear view of the individuals and teams as they receive their awards.

Awards: The **top 20 individuals** will be awarded medals. The **top 3 teams** from each race will receive team plaques and team medals. Please pay attention to the award times!

Time on the Course: Times will be given at the 1-mile and 2-mile marks.

Course markings: A white paint line will mark the entire course. If we have inclement weather, the runners will always run between the red flag markers. *****Coaches/runners are not allowed to place**

flags or any other markers on the course.***

Course Inspectors: Inspectors will be stationed around the course for the purpose of identifying any runner who might intentionally take advantage by cutting or performing any unsportsmanlike act to interfere with other runners. **Any runner performing an unsportsmanlike act shall be disqualified.**

Restrooms: We will place portable restrooms just outside the district bus lot directly west of the starting chutes. These can be used by anyone, but runners should be given the opportunity to go to the front of the line if their race is starting soon. Restrooms are also available at the Sports Complex football field area.

Jury of Appeals: The rules committee will be made up of three coaches from each respective class and will be contacted ahead of the meet date by Rick Patton. If the rules committee is needed, those coaches will be called to the white trailer at the finish line.

Chute: Workers assisting in the chute will keep runners finishing the race moving away from the finish line area. Placing is electronically determined with a finishlynx camera and an identilyn timer video camera used for back-up if necessary. ****The torso crossing the finish line is the determining factor for the order of finish.****

Picking up Information: WHS Cheerleaders will be handing out packets of information for all participating schools. They will include everything you will need including bib numbers and pins. If you need more pins, come to the finish line/tent area and ask for more. These packets will be located right inside the entrance gate.

Uniform Rules: Coaches, please, **PLEASE**, double-check your athletes on the uniform rules before your athletes run. We don't want any runner to be disqualified. Our clerk lining up runners in the chutes will be checking for uniform violations as well. Please give the clerk your school's "Sportsmanship & Legal Uniform" card during check-in at the chutes.

Concessions: There will be a concession stand set up inside the golf course admissions area north of the finish tent and another concession stand at the stadium where the awards will be presented.

T-shirt: Championship T-shirts will be available at a table near the entrance gate.

Pre-orders will **not** be accepted.

Short Sleeve \$19.00 XXL \$2.00 more

Long Sleeve \$22.00 XXL \$2.00 more

Hoodies \$30.00 XXL \$3.00 more

Performance Shirt \$25.00 XXL \$2.00 more

Sizes: S, M, L, XL, XXL

Coaches and A.D.'s: State Championship apparel will be available just east of the main admissions table.

2019 State Cross Country Meet November 2



State Meet Apparel

Short Sleeve T-Shirt (Tennessee Orange) - \$19

Long Sleeve T-Shirt (Sport Gray) - \$22

Performance T-Shirt - \$25

Hooded Sweatshirt - \$30

All XXL and larger sizes are an additional \$2
(except hoodies are \$3 extra)

State apparel is available following the
state meets at www.kshsaa.org

State Sites

6A - Lawrence-Rim Rock Farm

5A - Lawrence-Rim Rock Farm

4A - Wamego Country Club

3A - Lawrence-Rim Rock Farm

2A - Wamego Country Club

1A - Wamego Country Club

Motels: Wamego has two local motels:

Simmer Motel (785-456-2304) 1215 W. Hwy 24 www.simmermotel.com

Wamego Inn and Suites (785-458-8888) Hwy 24 & Lilac Street. <http://wamegoinn.com/>

Manhattan has a number of motels on the east side of town within 12 miles of Wamego:
<http://www.manhattancvb.org/index.asp?nid=28>

Area Restaurants: Wamego has the following eating establishments:

Concessions at the State Cross Country Meet- on the golf course & at the stadium during awards

Barleycorn's Deli – 410 Lincoln

La Hacienda - 1705 Commercial Circle

Gene's Heartland Foods Deli- 1003 Highway 24

The Friendly Cooker- 520 Lincoln Street

Friendship House- 507 Ash Street

Gambino's Pizza- 1401 W. Highway 24

Imperial Palace (buffet)- 1701 Commercial Circle

Kreem Kup Drive-In- 601 E. Highway 24

McDonalds- 701 Highway 24

Pizza Hut- West Highway 24

Sonic Drive-In- 1001 Lincoln Street

Subway- 807 Highway 24

Toto's Tacoz- 515 Lincoln Street

Any questions please feel free to contact our office at 785-456-2214. Dennis Charbonneau- Athletic Director, Wamego High School

Cross Country Participant Removal Guidelines

2019 State Cross Country

The safety of participants is a primary concern of the KSHSAA in all activities. There are situations when runners show signs of obvious physical distress during a race and a decision must be made about whether they should be allowed to continue or be given medical attention. Based on these concerns the KSHSAA has the following guidelines:

A runner showing signs of obvious physical distress such as collapsing on the course, or other indications of his/her inability to finish the race may be immediately removed from the race by designated event personnel. If the runner can be safely moved, the runner will be immediately transferred to the event medical area to be evaluated by onsite medical personnel. If a runner voluntarily removes him/herself from the race for any medical reason or is removed by their coach, they should also proceed to the medical area for evaluation. The onsite medical personnel will determine the appropriate care to be administered.

To assist designated event personnel and coaches on determining the level of distress, these guidelines will be used:

- If the runner looks questionable, event personnel will ask if they need help, if the runner is able to answer immediately and clearly state "no" the runner will be allowed to continue. . If a runner looks questionable and event personnel asks if they need help and the answer is "yes" the runner will be pulled.
- If the runner looks questionable and event personnel asks "if they need help" and there is no response, the event personnel will continue to follow the runner (off the course) and monitor.
- If the runner continues to be unresponsive to the event personnel and is unable to run fast

- enough to separate themselves from the walking event personnel, the runner will be pulled.
- If the runner is able to communicate something and they are just tired, they will be allowed to continue. Course monitors designated by meet management will be provided these guidelines.

Water will not be provided by meet management on the course during the race. Water will be available before and after the race. A determination on whether or not coaches will be allowed to hand out water during a race will be made prior to the start of races each day.

NOTE: The challenge of handing water to runners is the potential to interfere with other runners when handing the water and what the runner will do with the bottle/cup that could possibly interfere with another runner. In a 5K race, runners who are properly hydrated before the race begins have little risk of becoming dehydrated during the race.

Towels: Will not be allowed to be handed out on the course, they may be distributed by team personnel after the athlete has cleared the finish chute.

Coldwater immersion tanks will be available if the weather dictates. Meet management will determine the need based on the Heat Guidelines provided.

Medical personnel and an ambulance will be on site. A trail vehicle will be provided to transport runners in distress to the medical area. Runners who are in need of medical attention shall not be removed from the medical area until cleared by the personnel on-site. Coaches/parents should not take runners away from this area until cleared.



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2019
LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS
Rule 4-3

The following information is a guide as to what constitutes a legal uniform for a cross country competitor in interscholastic competition.

The Legal Uniform for Cross Country: *Rule 4-3 (1-3)* . . . the legal cross country uniform consists of “**shoes, school issued or school approved shorts and full length jersey or body suit (one or two piece).**”

Each member of the team shall wear the same color & design uniform (jersey & shorts).

SHOES

1. Shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The shoe must be designed so that it can be fastened securely. In cross country, the sole and heel may contain grooves, ridges or track spikes no longer than one inch. The use of slippers or socks does not meet the requirement.

JERSEYS

1. Must be school issued or school approved. Bare midriff tops are not allowed.
2. Visible shirt worn under the jersey must be unadorned and of a single (same, solid) color.
3. The jersey may contain no ornamentation which will be objectionable in taste and shall not be knotted or have a knot-like protrusion.
4. 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 event.

SHORTS

1. Must be school issued or school approved.
2. Shorts **may vary in length and style, but must be of the same color for all team members.**
3. Shorts may contain no ornamentation which will be objectionable in taste.
4. The waistband of a competitor's shorts shall be worn above the hips.
5. French or high cut apparel shall not be worn in lieu of shorts.
6. The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed let briefs are also acceptable for girls competition. French cut or high cut apparel shall not be worn in lieu of the uniform bottom. By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.

HATS, CAPS, GLOVES

1. In the event of inclement weather meet management will advise coaches of the decision to permit, hats, caps and/or gloves.
2. If worn, gloves must be the same color for all team members.

3. If hats, caps are approved for wear by the games committee, they should be the same color for all members of the team choosing to wear them. By KSHSAA policy, visors and baseball style hats **may not** be worn during competition by any competitor.

VISIBLE ITEMS WORN UNDER THE JERSEY OR SHORTS

1. Garments worn under the shorts *above the knees* are considered foundation garments and do not need to meet color requirements.
2. Any visible shirt(s) worn under the jersey must be unadorned and of a single (and the same) color. If more than one (2 or more) wear a visible shirt under the jersey all must wear the same solid color, but not necessarily the same length. Not all team members are required to wear a shirt underneath, if one team member does.
3. Any visible garment underneath the shorts extending below the knees shall be unadorned and of the same single, solid color, but not necessarily the same length. If more than one (2 or more) wear visible tights below the knees, under the shorts they all must wear the same solid color. Not all team members are required to wear the tights.
4. Visible items worn under both the jersey and the shorts do not have to be the same color.
5. Boxer underwear showing below the shorts is unacceptable.
6. A **single manufacturer's logo/trademark**, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each item of apparel. Items with logos on the front and back that are visible must be removed, or all but one of the logos permanently covered.
7. The 'sports bra' is not considered as visible apparel underneath the jersey!

JEWELRY

1. NFHS rules permit runners to participate wearing jewelry. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured.
2. Coaches may prohibit their athletes from wearing jewelry.
3. Excessive safety pins on the jersey are not permitted.

HAIR ADORNMENT

While participating in competition, it is permissible for a student to use in their hair for a functional purpose the following:

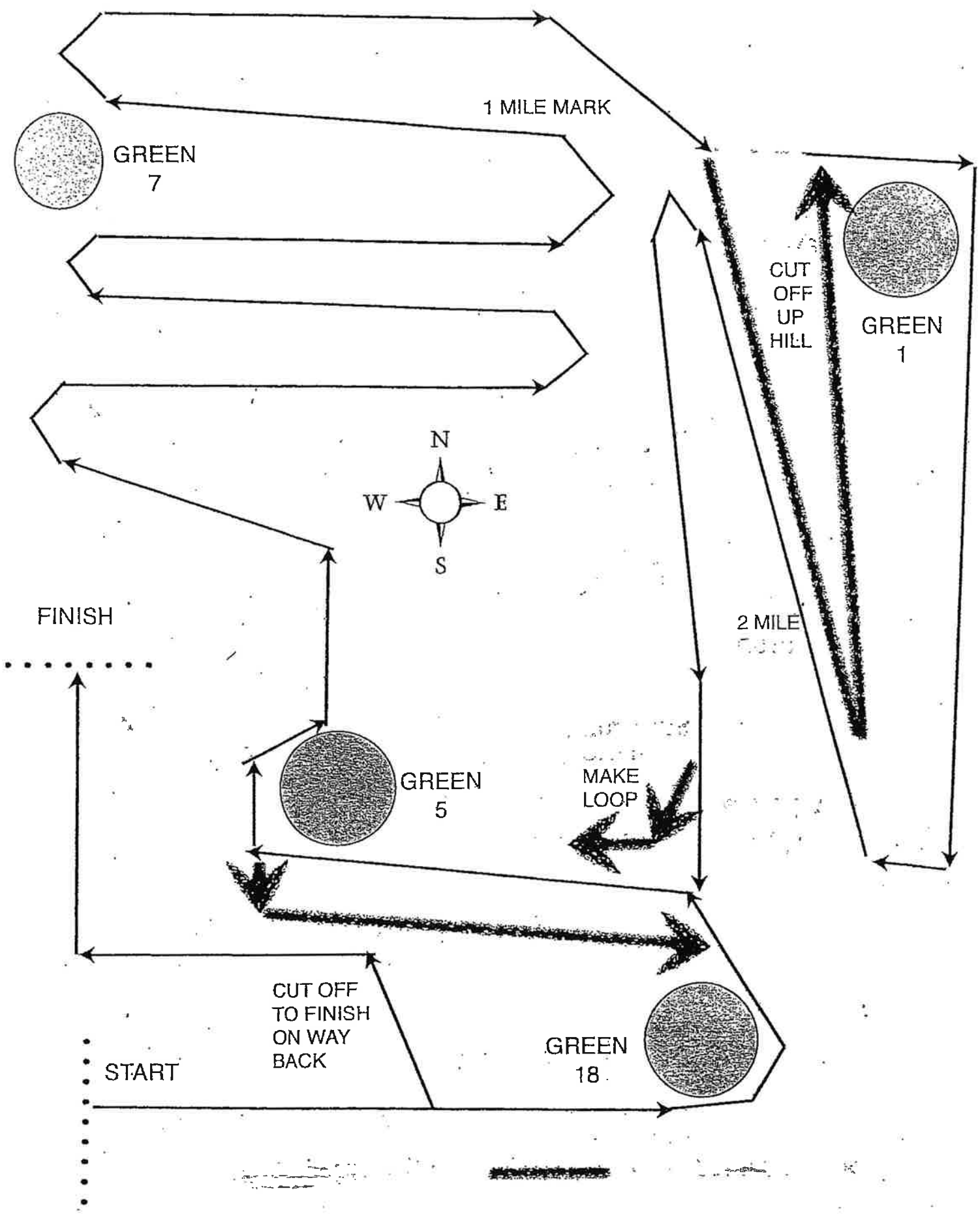
1. Ribbon of any single color (Ribbon length such that it is not "flowing" 3" or less in length),
2. If multiple "functional" rubber bands or ribbons are used, they must be the same color,
3. A "scrunchie" (device intended to hold hair in place) of a single color.
4. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. Such unadorned items are not considered jewelry.
5. Headbands are permitted unless banned by the games committee.
6. Participants are not permitted to wear feather hair extensions, beaded items worn in the hair are illegal.

MISCELLANEOUS

1. A runner may carry an atomizer with him/her provided a physician's statement documenting the need for the athlete to use the prescription is presented to the meet director prior to the beginning of the meet. **(Rule 4-6-5h Note 1)**
2. **GPS watches are not legal and considered an aid.**

Per **Rule 3-4-8**, prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform, equipment, number and chip placement) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet.

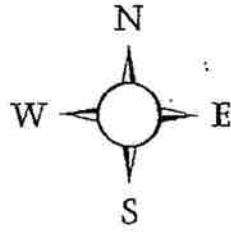
For KSHSAA events, a properly completed "Sportsmanship & Uniform Card" is to be turned in. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures and information pertaining to the meet, particularly how the individual qualifiers are determined.



1 MILE MARK

GREEN
7

GREEN
1



CUT OFF
UP
HILL

2 MILE

FINISH

MAKE
LOOP

GREEN
5

CUT OFF
TO FINISH
ON WAY
BACK

GREEN
18

START