

**FR:** Roland Martin (Coach, Reno H.S.), Meet Director  
Lynn Mentzer (Teacher, Reed H.S.), Competition Director  
Quinn Baker (Athletic Administrator, Sage Ridge H.S.), Assistant Meet Director  
Donnie Nelson (Assistant Director, NIAA), Meet Coordinator

## **2008 NIAA 2A, 3A and 4A Northern League/Region Boys & Girls Cross Country Championships**

The 2008 NIAA Class 2A, 3A and 4A Northern League/Region boys & girls Cross Country Championship meets are scheduled to be contested Thursday, October 30 at Rancho San Rafael (Washoe County) Park in Reno. These races will serve as the state qualifiers for the 2008 NIAA all-classes Nevada State High School Cross Country Championships (Nov. 8 in Boulder City).

### **MEET SCHEDULE**

***VERY IMPORTANT → Friday, October 24, 2008***

Entries (boys and girls) are due to both Roland Martin, Meet Director, and Lynn Mentzer, Competition Director, at [rolandmartin8571@sbcglobal.net](mailto:rolandmartin8571@sbcglobal.net) and [lmentzer@washoe.k12.nv.us](mailto:lmentzer@washoe.k12.nv.us) by 3:00 p.m. on Friday, October 24. Teams may only compete with seven (7) athletes in the races. Please use the entry form on the last page of this packet. Coaches may list alternates.

***Thursday, October 30, 2008 @ Rancho San Rafael (Washoe County) Park, Reno***

Course open for inspection, 12:00 – 1:55 p.m.  
Packet pick-up @ 12:30 – 1:45 p.m.  
Coaches Meeting @ 1:30 p.m.

2A Boys @ 2:00 p.m.  
3A Boys @ approximately 2:35 p.m.  
4A Boys @ approximately 3:10 p.m.  
2A Girls @ approximately 3:45 p.m.  
3A Girls @ approximately 4:25 p.m.  
4A Girls @ approximately 5:05 p.m.

Awards Ceremony @ approximately 5:40 p.m.

### **LOCATION**

Rancho San Rafael (Washoe County) Park is located in Reno, two streets (Virginia and Sierra streets) directly west from UNR's Mackay Stadium (football). The main entrance is located on Sierra Street, one block south of the intersection of North McCarran and Sierra streets. The start and finish lines are located in the main recreational grass playing field, in the middle of the park.

To get to Rancho San Rafael Park... take I-80 into Reno and exit/head north on Virginia Street... turn left (west) on 9th Street... turn right on Sierra Street... follow up the hill. Be ready to turn left when you get on a downhill stretch of Sierra Street. The turn lane into the park will be on the left.

***For more information and/or to confirm receipt of meet entries, please call Roland Martin, Meet Director, at (775) 825-4616 and/or 544-2402. The e-mail addresses for the meet directors are [rolandmartin8571@sbcglobal.net](mailto:rolandmartin8571@sbcglobal.net) and [lmentzer@washoe.k12.nv.us](mailto:lmentzer@washoe.k12.nv.us).***

*\*\* Please note that buses must park in designated areas within the park. Thank you.*

## **GENERAL INFORMATION (No. 1, below, very important)**

1. Again, team entries (boys and girls) are due by 3:00 p.m. on Friday, October 24 to both **Roland Martin, Meet Director, and Lynn Mentzer, Competition Director, at [rolandmartin8571@sbcglobal.net](mailto:rolandmartin8571@sbcglobal.net) and [lmentzer@washoe.k12.nv.us](mailto:lmentzer@washoe.k12.nv.us)**. Teams may only compete with seven (7) athletes in the races. Please use the entry form located on the last page of this meet information packet. Coaches may list alternates.

### **COACHES MUST ADHERE TO THE ENTRY DEADLINE.**

**\*\* A missed entry deadline will result in the head coach being suspended from the meet. \*\*  
OR, if the coach refuses to take the suspension, the student-athletes will NOT be eligible to compete for berths in the state meet.**

2. League/Region Qualifying:

All Class 2A and 3A teams and/or individuals who are part of a recognized program (NIAA member school and district-recognized) are eligible to compete in their respective league meet.

***The top four (4) teams from the Sierra League and the top four (4) teams from the High Desert League, based on final regular-season standings, earn a berth in the region championship meet. Teams that do not qualify are permitted to enter a maximum of three (3) individuals for the region championship meet.***

3. State Qualifying:

Class 2A – The top four (4) teams from the Northern League championship meet qualify for the state championship meet.

The top five (5) individuals from non-qualifying teams out of the Northern League championship meet also advance to the state championship meet.

Class 3A – The top four (4) teams from the Northern League championship meet qualify the state championship meet.

The top five (5) individuals from non-qualifying teams out of the Northern League championship meet also advance to the state championship meet.

Class 4A – In 2008, the top two (2) teams from the Northern Region championship meet qualify for the state championship meet.

The top five (5) individuals from non-qualifying teams out of the Northern Region championship meet also advance to the state championship meet.

4. The championship will be governed by the 2008 National Federation's cross country rules book, the NIAA Handbook, the NIAA Reference Manual and this meet information packet. This meet information packet is a binding document for the rules and regulations of this meet.

5. Teams will consist of a maximum of seven runners, but only the first five finishers from a team will be counted in the team score. The scores (finishing places) of the sixth and seventh team members (if applicable) will serve to (displace) make the opponent's score larger. All scoring will be recorded as set by the National Federation rules book. Individuals who are not part of complete teams will be removed from the team scoring process.

**5b. Class 2A amended scoring format:**

NOTE: The "ghost runner" rule will be in effect during the Class 2A league and state meet races. This team scoring position will be used when a team does not have a fifth and/or fourth finisher. A team must, however, have at least three scoring runners to be eligible to have implemented the "ghost runner(s)" rule.

**The "Ghost Runner" Rule:**

The "ghost runner's" team scoring position will be equal to the race's last-place finishing position plus one **with no adjustment(s) for incomplete team scoring runners**. For example, if 21 individuals finish the race, the "ghost runner's" team scoring position would be "[22]" regardless of how many individuals do not figure into the team scoring process.

*Example (Class 2A race with 21 finishers):*

Team A -- 1, 4, 5, 8, 10, (14), (16) = 28 (seven finishers)

Team B -- 2, 3, 6, 9, 15 = 35 (five finishers)

Team C -- 7, 11, 12, 17, [22] = 69 (four finishers)

Team D -- 13, 18, 20\*, [22], [22] = 94\* (three finishers)

Team E -- 19\*, 21\* = Incomplete, no team score

Note: The #14 and #16 finishers for Team A are, according to NFHS rules, non-scoring team finishers. Those individual do, however, still count in the overall race scoring since they part of an allotted seven-member team.

NFHS rules will apply whereby the first five finishers for a team make up that team's score, and the sixth and seventh finishers serve to displace (make another team's score higher). When a team does not have a team score (Team E, for example), the finishers from the incomplete team(s) DO NOT factor into the team scoring process (\*... example: 20 becomes 19).

6. The length of the course in all region and state meets will be approximately 5,000 meters. The Rancho San Rafael Park course consists of grass, short stretches of sidewalk, dirt and gravel.

7. All team members must wear the same school-issued jersey and shorts. National Federation rules will apply with regards to uniforms.

8. Footwear must be used by athletes. However, spikes are NOT allowed (park rule because of the bridges).

9. Protests on running attire must be made before the start of a race. The race will be held up until the meet referee makes a ruling.

10. T-shirts will be on sale in the finish line area for \$15. Snack bar (bottled beverages and food) and restroom facilities will also be available in the common area.

11. Results will be posted after the meet. The NIAA will post results (niaa.com) Thursday night. A trophy will be awarded to the first-place team in each race. Medals will be awarded to the top six individual finishers in each race.

12. Starting boxes will be drawn by the NIAA and posted here two days before the meet.

**13. Athletes and coaches may inspect the course at any time prior to the meet (12:00 - 1:55 p.m.) or at any time between races. Once a race begins, the course is closed to all persons (except those competing in the race in progress). Meet officials have the authority to disqualify any individual who does not adhere to this course closure rule.**

***Class 1A/2A starting boxes (for both boys and girls):***

- 1 –
- 2 –
- 3 –
- 4 –
- 5 –
- 6 –
- 7 –
- 8 –
- 9 –
- 10 –
- 11 –
- 12 –
- 13 –

***Class 3A starting boxes (for both boys and girls):***

- 4 –
- 5 –
- 6 –
- 7 –
- 8 –
- 9 –
- 10 –
- 11 –

***Class 4A starting boxes (for both boys and girls):***

- 1 –
- 2 –
- 3 –
- 4 –
- 5 –
- 6 –
- 7 –
- 8 –
- 9 –
- 10 –
- 11 –
- 12 –
- 13 –
- 14 –
- 15 –

## UNIVERSAL MEET TIE-BREAKER

### 1. Ties involving teams

a. The aggregate score of the first five finishers for each team shall constitute their team's score. Ties for the championship, runner-up and state qualifying places will be handled in accordance with playoff procedures as written below:

*National Federation Rule Book, Rule 9, Section 2, Articles 4-5:*

9-2-4. Ties in team scoring shall be resolved by comparing the sixth-place finishers from tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

9-2-5. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

Continued on next page with race day instructions and meet entry form...

# 2008 NIAA 2A Northern League, 3A Northern League & 4A Northern Region Cross Country Championships

## RACE DAY INSTRUCTIONS

\* As a reminder, a maximum of seven (7) runners are allowed in races. Teams starting a race with more than seven competitors will be disqualified.

\* No warm-ups, coaches, spectators or managers are allowed inside the fenced finish-line area. Only race help, officials, media and in-race competitors will be allowed in the finish-line area.

\* Please remember that cutting any part of the course (curves, streams, etc.) to gain an advantage will lead to disqualification.

## Meet Entry Form

*This form for team entries (boys and girls) is due by 3:00 p.m. on Friday, October 24 to both **Roland Martin, Meet Director, and Lynn Mentzer, Competition Director, at [lmentzer@washoe.k12.nv.us](mailto:lmentzer@washoe.k12.nv.us) and [rolandmartin8571@sbcglobal.net](mailto:rolandmartin8571@sbcglobal.net).***

**COACHES MUST ADHERE TO THE ENTRY DEADLINE. \*\* A missed entry deadline will result in the head coach being suspended from the meet. \*\* OR, if the coach refuses to take the suspension, the student-athletes will NOT be eligible to compete for berths in the state meet.**

School: \_\_\_\_\_

(circle one of each)      BOYS / GIRLS .....      2A / 3A / 4A

Coach: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Pos... Full Name..... Year**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

**Alts (3 max).** \_\_\_\_\_