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2008 NIAA all-classes NEVADA STATE HIGH SCHOOL boys & girls CROSS COUNTRY CHAMPIONSHIPS

The 2008 NIAA Class 2A, 3A and 4A Nevada State High School boys & girls Cross Country Championship meets, presented by the Las Vegas Review-Journal and Farmers Insurance Group, are scheduled to be contested Saturday, November 8 at Veteran's Memorial Park in Boulder City.

NEVADA CROSS COUNTRY WEB SITE

Please click on the following link, www.nevadatrack.org (formerly www.nvtrackstats.com), for general items of interest, regular-season meet information and complete results regarding both Southern Nevada and statewide cross country action. This site is endorsed by the NIAA.

MEET SCHEDULE

Saturday, November 8, 2008 @ Veteran's Memorial Park, Boulder City

Coaches Meeting @ 9:25 a.m. (start/finish line area)

2A Boys @ 10:00 a.m.
3A Boys @ 10:40 a.m.
4A Boys @ 11:15 a.m.
Boys Awards Ceremony @ 11:45 a.m.

2A Girls @ 12:15 p.m.
3A Girls @ 1:00 p.m.
4A Girls @ 1:40 p.m.
Girls Awards Ceremony @ 2:15 p.m.

LOCATION

Veteran's Memorial Park is located at 1000 Airport Road in Boulder City. After entering the community of Boulder City (from Las Vegas), turn right on Buchanan / at second stoplight and drive two miles down to the park (right side). Please call John Dixon, Meet Director and Coach at Del Sol High School, at (702) 799-6830 extension 1, 1, 4015, with local questions. John Dixon can also be contacted via e-mail at Dixon@interact.ccsd.net.

Please note that buses must park in designated areas within the park.

MEET ENTRY INFORMATION FOR COACHES

Please be advised that, should your team qualify for the state meet, your league/region entries will be carried through to the state meet. If you need to make changes to your state meet lineup, please use the attached page at the bottom of this packet (the contact information is listed at the top of that page).

Continued on next page...

GENERAL MEET INFORMATION

1. Team and Individual qualifying

NIAA Class 2A

a. Team – The top two (2) teams from the Southern League championship meet and the top four (4) teams from the Northern League championship meet qualify for the six-team state championship meet.

b. Individual – The top three (3) individuals from non-qualifying teams out of the Southern League championship meet and the top five (5) individuals from non-qualifying teams out of the Northern League championship meet also advance to the state championship meet.

NIAA Class 3A

a. Team – The top two (2) teams from the Southern League championship meet and the top four (4) teams from the Northern League championship meet qualify for the five-team state championship meet.

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

NIAA Class 4A

a. Team – The top three (3) teams from the Sunrise Region championship meet, the top three (3) teams from the Sunset Region championship meet and the top two (2) teams from the Northern Region championship meet qualify for the eight-team state championship meet.

b. Individual – The top five (5) individuals from non-qualifying teams out of the Sunrise Region championship meet, the top five (5) individuals from non-qualifying teams out of the Sunset Region championship meet and the top five (5) individuals from non-qualifying teams out of the Northern Region championship meet also advance to the state championship meet.

NOTE: When the state meet is to be contested in Northern Nevada (2009 and odd years)... the top four (4) teams from the Northern Region championship meet, the top two (2) teams from the Sunrise Region championship meet and the top two (2) teams from the Sunset Region championship meet qualify for the eight-team state championship meet.

2. The championship will be governed by the National Federation and its cross country rules book. The meet will also follow the rules of 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.

3. 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 in the National Federation rules book. All individuals who qualify as unaffiliated/unattached to a team will be removed from the team scoring process.

NOTE: The "ghost runner" rule will be in effect during the Class 2A races. This team scoring position will be used when a team does not have a fifth and/or fourth finisher. Team must, however, have at least three scoring runners to be eligible to use the "ghost runner(s)" rule. Please see the NIAA's Reference Manual posted at the top of the cross country page on www.niaa.com (or the league meet information packet) for more information.

4. The length of the course in all post-season meets will be approximately 5,000 meters. The Veteran's Memorial Park course consists of grass, desert trails of packed and loose dirt, and asphalt/pavement. The use of spikes is highly discouraged on the course due to the terrain.

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

6. Footwear must be used by athletes. Again, the use of spikes is highly discouraged on the course due to the varied terrain.

7. Replacement of a state meet qualifier:

a. Occasionally an athlete, after having qualified, will be unable to compete in the state meet because of illness, injury, academic ineligibility or other justifiable cause. If this occurs, and a physician verifies the injury or illness, the next best individual qualifier from the same (league/region) qualifying meet becomes eligible. If a lower-place participant is not available, the lowest position will remain unfilled.

b. If it is necessary to use an alternate, the meet director must be notified no later than 24 hours prior to the start of the event.

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

9. Starting boxes will be drawn by the NIAA office and distributed in the coaches packets on race morning.

10. Results will be posted following the event. The NIAA will post results on www.niaa.com on the following business day. The NIAA office will distribute results to the media for same evening/next day publication.

11. Spectators will be allowed around the course (not on the course), provided they do not impede the progress of competitors.

12. Athletes and coaches may inspect the course at any time prior to the meet (7:00 – 9:55 a.m.) and between the boys/girls sections (11:40 a.m. – 12:10 p.m.). However, once a first (boys/girls) section race has begun, the course is closed to all persons (except those competing in the race in progress) for the remainder of that (boys/girls) section. Meet officials have the authority to disqualify any individual who does not adhere to these course closure regulations.

13. Commemorative T-shirts and other souvenirs will be on sale.

14. Please note that the Boulder Inn and Suites is offering discounted rates (mention you are associated with the Nevada State High School Cross Country Championships). The phone number there is 702-294-8888.

AWARDS

The first and second place teams in each class race will receive NIAA trophies. The first-place team will also receive NIAA medals (7) for its individuals.

Medals will be awarded to the top seven individual finishers in each class race.

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.

2008 Nevada State High School Cross Country Championships

RACE DAY REMINDERS

Welcome to Boulder City and Veteran's Memorial Park. Have a great day!

* 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 fenced and/or roped areas. Only race help, officials, media and in-race competitors will be allowed in those areas.

*** *Athletes and coaches may inspect the course at any time prior to the meet and between the boys/girls sections (please see No. 12 under "General Information"). However, once a first (boys/girls) section race has begun, the course is closed to all persons (except those competing in the race in progress) for the remainder of that (boys/girls) section. Meet officials have the authority to disqualify any individual who does not adhere to these course closure regulations.***

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

* Uniform rules will follow those of the National Federation rule book. Any questioning of uniforms must be done at the starting line.

* Starting box assignments will run left-to-right facing out to the course. All teams must be on the line five minutes prior to the start of the race for a uniform check.

CHANGES IN MEET ENTRIES

Please submit this form to the Meet Director (e-mail to John Dixon at dixon@interact.ccsd.net) AND to the NIAA office (e-mail to Donnie Nelson at donnien@niaa.com) by 3:00 p.m. on Monday, November 3 ONLY IF YOU HAVE CHANGES FROM YOUR LEAGUE/REGION MEET TEAM OF SEVEN. Otherwise, your league/region meet team members will be forwarded as the state meet team.

School: _____

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

Coach: _____

Phone Number: _____

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Alt. _____