

**Northwest 1A District 1  
Cross Country Championships  
Saturday, October 28th, 2023**

**Deming Log Show Grounds  
Deming, Washington**

**The Northwest District Cross Country Championship**

**Meet Director:** Mike Holz and Jeff Schmidt

**Meet Manager:** Ron Lepper (Mount Baker Athletic Director)

**Meet Referee / Starter:** Greg Dickman

**Games Committee:** Bryant Michaelson, Ron Lepper, Brenda Terpstra

**Registration:** All teams must register their athletes at [www.athletic.net](http://www.athletic.net) by Tuesday, October 24th, 6:00 pm. Coaches should register their top nine athletes, seven of which will run in the district race as your scoring team and two alternates. Substitution of a team member who was not on the nine-person roster at the Tuesday deadline must be made with the Meet Director when arriving at the meet site. Use the entry change form in your packet.

**Substitution of Runners for State Qualified Team**

A school may change runners after a team has qualified in the district meet to the state championships provided the substitute meets WIAA requirements as a participant. Substitution of a team member must be made with the State Meet Manager on arrival at the meet site on Friday or via phone or email by Friday if not arriving until Saturday. This includes changes in alternates. No changes can be made in the pool of nine runners for each team on race day.

**Course Preview**

**TBA**

**Course Map**

There is a link to the map on [athletic.net](http://athletic.net)

## **District Qualifiers**

All schools are allowed one team of seven runners, coaches should register their top 9 by the registration deadline.

## **State Qualifiers**

District 1 1A Boys – Top 2 teams and top 14 placing individuals

District 1 1A Girls – Top team and top 7 placing individuals

## **Time Schedule**

JV Boys and Girls combined:	10:00 am
1A Girls	10:45 am
1A Boys	11:30 am
Awards	12:15 pm

## **Award Presentations**

Team trophies will be awarded to the first-place team in each classification, medallions for the individual district champions

## **Day of Race Information**

### **Race Course**

The starting area is closed to all but competitors, coaches, officials and team managers. The finish area is closed to all but competitors and officials. Coaches and managers may meet with the runners in the spectator area after the runners exit the finish chute. Runners should report to the starting area 15 minutes before their race. At the starting area, all teams and individual runners must check in with the Clerk of the Course.

### **Rules**

The National Federation Track and Field Rules and Records and the WIAA Handbook shall be used. The Games Committee will rule upon any situation or interpretation not covered in the rulebook.

**USE OF ATOMIZERS/INHALERS** (as per National Federation rule) A letter or note from a doctor must be presented to the meet director or designee before the race documenting the need of the athlete to use the atomizer/inhaler during competition to

ensure his/her safety. Without a doctor statement, the athlete may only use the atomizer/inhaler prior to and after competition.

### **Games Committee/Jury of Appeals**

Any problems that arise before or during the meet should be brought to the attention of the Meet Referee, the Referee's decision may be appealed to the Games Committee.

### **Uniforms**

Contestants shall wear only the uniforms authorized by their school. If there is more than one contestant for a school, uniforms must be alike. Shoes are required.

### **Numbers**

A competitor must wear a contestant number on the front of the uniform before being allowed to compete. Please do not crinkle bar code tags.

### **Lane Assignments**

A draw for lanes will be made prior to the meet. Lanes will be wide enough to accommodate two (2) team members across the front row.

### **Timer on the Course**

A clock or timer will be stationed at the one (1) mile point during the meet.

### **Scoring Procedure**

A runner will be scored for his/her individual and team place. Each runner must wear a race number. At the end of the main finish chute, meet officials will remove the tear-off portion of the numbers in order of finish.

### **Coaches**

Remind runners to run through the finish line and into the chute. Runners must cooperate with finish line personnel. Diving at the finish line may be judged an impediment to other runners and result in disqualification of the diving runner. Runners and coaches are to stay clear of the official timer at all times during the race. Each runner will be timed and complete meet results will be posted online at athletic.net. There will be an official video camera placed at the finish for back up. No other video will be considered, and review of any videotape will be by the meet referee and games committee only.

**Scoring**

The team score shall be determined by totaling the points scored by the first five (5) runners of each team to finish. If fewer than five (5) runners finish, no score shall be listed. Individual finishers will not be counted in team scoring. Ties will be broken as follows: Ties in team scoring shall be resolved by comparing the 6th place finishers from the teams that tie. The team with the best 6th place finisher shall prevail. If a team does not have a 6th place finisher, the team with the 6th place finisher will prevail. If only five (5) competitors finish of both teams that tie, the team scoring shall be resolved totaling the scores of the first four (4) finishers.

**Results**

Results will be uploaded to athletic.net.

Toilets Portable toilets will be available.

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