

**District 1 2A,
District 1 3A, District 1/2 4A
Cross Country Championships
Saturday, November 1, 2025
Lakewood High School**

The District 1/2 Cross Country Championship games / organizing committee

Jeff Sowards, Co-Meet Director, (Lakewood High School, Cross Country Coach),
Amy Hendry, Co-Meet Director, (Lakewood High School, Athletic Director)

Jury of Appeals: Liza Rickey, Issaquah (4A); Cali Bruscas, Marysville-Pilchuck (2A); Mike Shierk, Arlington (4A); Eric Hruschka, Jackson (4A); Erin Hoopes, Squaticum (2A); Joel Reese, Shorewood (3A)

Registration

All teams must register at www.athletic.net by **Wednesday, October 29, 2025, 7:00 pm.**

Coaches should register their top nine athletes, seven of which will run in the district race and two alternates. These two alternates will be your state alternates if your team qualifies for state unless you submit a change before the start of the first race of the meet.

Substitution of Runners

A school may change runners after a team has qualified in the qualifying meet, provided the substitute meets WIAA requirements as a participant.

- Important: If you are entering a full team, coaches must enter nine athletes which will include your alternates (7 runners plus 2 alternates). These will be the only athletes in which can be entered in the qualifying meet and state meet. Qualified runners that ran in the State Advancement Meet will be automatically move to the State Meets and listed on athletic.net team rosters. Alternates for each qualifying team must appear on team's athletic.net rosters as processed by athletic.net

- When an individual contestant cannot compete, it is the responsibility of the school principal to notify the meet manager, who, in turn, will notify the principal of the next qualified contestant.

- A runner removed from participation in a meet due to injury or illness shall not be allowed to continue until authorized by the physician who made the original decision at that event, or his/her designee

Course Preview

Teams may preview the course on **Wednesday, October 29, 2025, from 3:00pm – 5:00pm only.**

No exceptions. Please RSVP with Amy Hendry, Lakewood High School AD,

ahendry@lwsd.wednet.edu, 360-652-4505 ext. 5102, if you plan to preview the course.

State Qualifiers

2A Girls – 3 teams/21 individuals
2A Boys – 3 teams/16 individuals**
3A Girls – 5 teams/35 individuals
3A Boys – 4 teams/28 individuals
4A Girls – 5 teams/35 individuals
4A Boys – 5 teams/35 individuals

Schedule

2A Girls 11:00 AM – awards after 2A Boys race
2A Boys 11:40 AM – awards immediately after race
3A Girls 12:20 PM – awards immediately after race
4A Girls 1:00 PM – awards immediately after race
3A Boys 1:40 PM – awards immediately after race
4A Boys 2:20 PM – awards immediately after race

Mixed Ambulatory/Unified 2:50PM

Award Presentations

Awards for each race will be presented immediately following the completion of each race. There will be trophies for each winning team. Each state qualifying individual will receive a ribbon.

Day of Race Information

Buses should park in the Lakewood High School loading/unloading lot. Please let your parents know that NO DOGS are allowed on campus. Thanks.

Racecourse

The District Championship course consists of two loops around the high school grounds. The start line is northeast of the stadium on the junior varsity baseball field, and the finish line is on the track. The course will be clearly marked with flags, cones, and white paint. 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 corral.

Team Packets

Team packets will contain bib numbers for each athlete. Once the bib is affixed to their uniform, the athlete may show it at the chip distribution tent (behind the finish tent) and receive two timing chips. Each athlete must secure the proper chips to each racing shoe with the provided zip ties. Athletes are responsible for making sure the chips are securely fastened. As per NFHS rules 8.3.3-4, the chip will determine the official finish place. Two video cameras will also record the finish and may be used proactively by meet management to verify the order of finish.

Start Line

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 and meet Referee for uniform compliance.

Use asthma atomizers (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's statement, the athlete may only use the atomizer/inhaler prior to and after competition.

Rules

The National Federation Track and Field Rules and Records and the WIAA Handbook shall be used. The Organizing Committee in conjunction with the Meet Director will be responsible for the proper conduct of the meet. The Meet Director will make final decisions not specifically placed under the jurisdiction of other meet officials; and will be the first line for appeal of misapplication of the rules. The Jury of Appeals will serve as the final board of appeals.

Jury of Appeals

Any problems that arise before or during the meet should be brought to the attention of the Meet Director. The Director's decision may be appealed to the Jury of Appeals. The Jury of Appeals will be composed of experienced cross country coaches. Protest forms will be available from the meet director.

Numbers and timing chips

A competitor must wear a contestant number on the front of the uniform before being allowed to compete. Each competitor must also wear a timing chip on each shoe. These chips are specifically assigned to that athlete. **Care should be taken not to mix these up.**

*****1/4" pyramid spikes are the longest allowed on the course. This is to protect the warranty on the track surface. Athletes will need to have their spikes checked at the time of timing chip pickup. A check may also be done at the starting line.*****

Lane Assignments

A random draw for lanes will be made prior to the meet. Lanes will be wide enough to accommodate at least three (3) team members across the front row.

Timer on the Course

A clock will be stationed at the one (1) mile point during the meet. It will provide an unofficial mile time.

Finish Line

Coaches: Train runners to run through the finish line and into the corral.

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 within two hours of the end of the meet. There will be two official video cameras placed at the finish for back up. No other video will be considered, and review of any official recording will be by the meet director and jury of appeals 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 for both teams that tie, the team scoring shall be resolved totaling the scores of the first four (4) finishers.

Results

Official results will be posted to athletic.net as soon as they are available, but as determined by the WIAA SOP's, within two hours of the end of the meet.

Toilets

Toilets will be available in the stadium breezeway. Portable toilets will also be available at the starting line and at the shot put area in the track complex.

T-Shirts

Commemorative t-shirts and other apparel will be on sale.

Alternates

No alternates race will be held.

Questions:

Jeff Sowards, jsowards@lwsd.wednet.edu
Amy Hendry, ahendry@lwsd.wednet.edu



HOLE IN THE WALL

xc invitational

Course Map

