

ILSAA Cross Country Championships



Date: September 30, 2023

Location: Trinity Lutheran High School - 1 Trinity Way, Seymour, IN 47274

Race Distance: 2 miles

Categories: Fifth, Sixth, Seventh and Eighth grades are allowed to race on each team and will count towards a single team score if they are "scorers" regardless of grade.

Team Qualifications for State: Teams participating in the ILSAA Cross Country Championships must have affiliation with the ILSAA. Teams must be made up of school affiliated athletes who have competed all year long for the same team. Teams that are consolidated runners from multiple schools will not be accepted. These schools may have runners register as individuals for the state meet. To compete as a team, at least 5 runners from your team must have run under the time standards set forth here during the current season. Time Standard for 2023 State Meet: Girls 20:00 / Boys 19:00

Individual Qualifications for State: Individuals participating must be attending a school that has affiliation with the ILSAA. To compete as an individual, the individual must have run under the time standards set forth here during the current season. Time Standard for 2023 State Meet: Girls 20:00 / Boys 19:00

Schedule of Events:

9:30AM – Coaches Meeting

9:50AM – Prayer and National Anthem

10:00AM – Girls Race

10:30AM – Boys Race

11:00AM – JV Race

11:30AM – Awards Presentation

Scoring: The top 5 runners of each team score and the next 2 team runners are pushers. All runners over the 7th runner on teams along with all individual qualifiers will not count against the team score. Max of 10 runners allowed for each team in each of the Girls Varsity and Boys Varsity races. JV Race will be timed, but not team scored, so there is no limitation on number of entries in the JV Race for schools.

Awards: Top two teams will receive a team trophy and 10 individual medals. Additionally, the top 15 individuals in both varsity races will receive medals for all state honors. For the JV Race, top 15 girls and top 15 boys will be handed ribbons at the finish line.

Fees: \$100.00 per school or \$20.00 per individual. Upon the acceptance of your application, you will receive a request for payment from the ILSAA via paypal.

Course: Flat and very spectator friendly. Trinity High School campus is used for entire course.

Uniforms: All members of a team must wear matching color race tops with the same identifying team name or logo. Shorts are runner preference. In cold weather the under garments can be whatever the runner wants to wear. The team does not need to match under garment colors.

Parking: There will be a \$5.00 per carload admission for this event.

Meet Registration 2023

- It is your responsibility to submit all runners and qualifying times.
- **NO RACE DAY ADDITIONS**
- Team Roster Entry: Register Online at [ILSAA Championship - Registration \(milesplit.com\)](https://milesplit.com/ILSAA-Championship-Registration) by Monday, September 25, 2023 at 11:59pm.
- All entries will be completed through MileSplit platform.
- Create your login and sign your team and/or individual(s) up once the login is created.
- Choose the ILSAA Cross Country Championship event.
- For individual qualifiers use hh:mm:ss format otherwise it will not register
- All runners MUST be registered on-line to enter the race. We have no paper forms.
- Registration will **OPEN** September 4, 2023.
- **Do not register** your runners/team until you are certain they have qualified for the State meet.
- Technical registration questions/problems can be directed to greg@stuartroadracing.com
- **REGISTRATION CLOSING MONDAY THE WEEK OF STATE AT 11:59PM**
- It is always a good idea to print out your registered runners from the Athletic.net platform
- Teams can only register 10 runners for each varsity race. JV Race is unlimited entries.
- **Team check-in, on race-day, opens at 8:30AM not before.**

Final/Race Day Instructions

- Pick up your race packet at the finish line packet pickup table.
- Have your runners at the starting line 10 minutes before the start in their box with final warmups. They can continue to warm up – do run outs etc. Official will need to check each team in. The official will explain the starting procedure.
- Box Assignments will be in race packets. For boxes that have individual qualifiers the front and back row will be seeded to reduce any confusion as to who goes where.
- Course maps will be in race packets.
- Chips will be used for timing; it is each teams responsibility to return the chips to the race officials before you leave the event. Chip return process will be explained in the race packet. Fees will be assessed for any unreturned chips.
- Bib numbers and pins will be in race packets.
- Wear the bib number on the front.
- Awards will take place around the finish line area. Please be patient and do not bother the timer/results people.
- It is the responsibility of the coach to make sure the runners know the course. The course will be well marked on the ground with white paint and directional flags will be placed. The course is completely open. The grass will be cut shorter than the rest so the running path will be distinguishable. I will have course marshals out there as well to help guide the runners.
- After each race the results will be posted for coaches ONLY to review for any potential protest for 20 minutes. Once the 20 minute protest time has expired the results are **FINAL**. It is the responsibility of each coach to review results during the protest period. Once the protest time has been terminated the results will be removed and ready for awards.
- Anyone cutting the course for any reason will be disqualified. That means not obeying directional flags or running outside the running path.
- Team tent area will be marked and designated on race day upon team arrivals
- There will be a lead vehicle for each race.
- There will be water and ice available at the finish line area.
- Online results will be available on MileSplit

ILSAA CROSS COUNTRY CHAMPIONSHIPS

POLICY: Severe Weather and Lightning Policy

PURPOSE: To ensure the safety of all participants, spectators, and support personnel when participating in, attending, or managing athletic activities at Trinity Lutheran High School.

SEVERE WEATHER AND LIGHTNING

Severe Weather Watch: As issued by the National Weather Service, conditions are favorable for severe weather to develop. Outdoor athletic activities will continue as normal, but the weather conditions will be closely observed and monitored.

Severe Weather Warning: As issued by the National Weather Service, severe weather has been reported in a designated area. All weather conditions will be observed and monitored, and individuals will be encouraged to seek shelter when necessary.

Lightning: The proximity of lightning will be assessed utilizing monitoring devices and/or the flash-to-bang count. **If the lightning is 10 miles away, all individuals will be directed to seek shelter.** Just **count** the number of seconds that pass between a **flash** of lightning and the crack of thunder that follows it, then divide that number by five. The resulting number will tell you how many miles away you are from where lightning just struck.

MONITORING

The Trinity AD and/or Race Director on duty who will monitor all threatening weather from the time pre-event activities begin, throughout the event. The Trinity AD and/or Race Director will make the decision to remove individuals from an athletic venue.

NOTIFICATION

If it is determined that the activity should be suspended and individuals should seek shelter, the race director will, via verbal, radio, and/or cell phone communication notify all coaches, officials, and participants.

EVACUATION

The Trinity AD and/or race director will ensure a safe and orderly evacuation from the venue through announcements.

DESIGNATED SHELTERS

Upon severe weather, all participants and spectators will be asked to seek immediate shelter in the Trinity Lutheran High School.

ACTIVITY RESUMPTION – 30 minute “return-to-play” clock

To resume athletics activity and return outdoors, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder is heard and the last flash of lightning is seen or is at least 10 statute miles away. This greater distance may mean that the lightning is no longer a significant threat.

The return to outdoor activity will be determined by the Trinity AD and/or Race Director on duty.