

State Meet Championship XC Instructions

Cony HS- 60 Pierce Dr, Augusta ME 04330

1. Each athlete will receive **2 hip numbers, and a chest bib**. Please use 4 pins for each number, a total of 12 pins for each athlete. Place the hip numbers on the seam of the shorts, below the level of the jersey. It may be cold, make sure your bibs and hip numbers are on the outside and can be easily seen.
2. We use Finishlynx timing. Runners run past the finish line and continue on out of the corral. You do not need to stay, in fact, leave the area as quickly as possible and return to your team area. Do not hang around to congratulate opponents or team members in the corral area.
3. **Coaches** if you have a runner that does not finish, you must report this as soon as possible to the finish line tent. We will not start the next race until all runners are accounted for.
4. Athletes reporting: 15 minutes before race time athletes should report to the box they have been assigned. They will be checked in by the clerks on the line. Teams will be introduced about 7 minutes before race time. Please do your run out as you are being introduced. Other teams should remain in their boxes while teams run out. Please plan your team cheers accordingly.
5. Results will be posted right after the race.
6. The **awards ceremony** will follow each of the girls' races for each class. We start them quickly so be prepared. They will be inside the gym.
7. Races will go off according to the time schedule. Plan your time well so you are ready to go at race time.

Awards: The awards ceremonies will take place at the conclusion of the girls' race in each class. Trophies and medals will be presented to the 1st and 2nd place teams. Medals will be presented to the top 10 finishers in each class. The top 30 will be recognized.

Qualifications for New England's:

Individuals: Top 25 when the meets are combined

Teams: State champions from each class and the next 3 teams when the meets are combined.

Coaches: Points of Emphasis for the State XC Meet. (Rule 4 -Section 6: Disqualification and Conduct)

Reminder your athletes/team and spectators.

- Good sportsmanship during competition is the goal.
- It is unfair for a competitor to receive any assistance. Assistance includes:
 - Interference (obstructing or impeding) a runner
 - Pacing by teammate, coach or spectator
- Inappropriate use of electronic device (megaphone, "boom box") that disrupts or enhances communication