

2015

GEORGIA HIGH SCHOOL ASSOCIATION

CROSS COUNTRY



CROSS COUNTRY COACHES' HANDBOOK

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2015 GHSA Cross Country Coaches' Handbook

Table of Contents:

P 1 Dates and Deadlines

Pp 2-3 Protocol and Procedures

P 4 State Meet Cold Weather reminders

P 5 State Meet Confirmation Sheet Example

P 6 State Meet Coaches Instructions

**P 7 GHSA Jewelry and Uniform Rules / Descriptions /
Guidelines**



2015 GHSA Cross Country

Dates and Deadlines

- Saturday, August 1, 2015Earliest Date for Cross Country Practice
- Monday, August 10, 2015Earliest Date for Cross Country Meet
- Monday, September 21, 2015Deadline for Notification of Region Entry to
Region Secretary / Area Coordinator
[Region Cross Country – Notification of Entry Form](#)
- Tuesday, October 13, 2015Deadline for electronic submission of Region/Area
rosters on GHSA MIS site (<https://app.ghsa.net/node>)
- Saturday, October 31, 2015Deadline to complete Region/Area Meets
- Monday, November 2, 2015**9 am** Deadline for electronic submission of
Region/Area results on GHSA MIS site
(<https://app.ghsa.net/node>)
- Monday, November 2, 2015**5 pm** Deadline for Head Coaches of State Meet
qualifying teams to confirm projected seven (7)
runners at state meet (<https://app.ghsa.net/node>)
- Saturday, November 7, 2015State Meet in Carrollton, GA
(<http://www.ghsa.net/ghsa-state-cross-country-championships>)

Schedule

Morning

7:45 a.m. Boys A Private
8:25 a.m. Girls A Private
9:10 a.m. Boys AAAAA
9:50 a.m. Girls AAAAA
10:35 a.m. Boys AAA
11:15 a.m. Girls AAA
12 noon Boys AAAA

Afternoon

12:40 p.m. Girls AAAA
1:25 p.m. Boys AA
2:05 p.m. Girls AA
2:50 p.m. Boys AAAAAA
3:30 p.m. Girls AAAAAA
4:15 p.m. Boys A (public)
4:55 p.m. Girls A (public)



2015 GHSA Cross Country Protocol and Procedures



- 2 -

Excerpts from 2015-16 GHSA Constitution (Pp. 66-67):

GENERAL INFORMATION

- C. All GHSA Cross Country meets will be run in accordance with the rules as published in the National Federation Track and Field and Cross Country Rule Book with any exceptions as may be found in this section.
- D. The maximum number of competition dates in Cross Country shall be 10, exclusive of region and state competitions.
 - 1. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
 - 2. Any meets involving eight (8) or more schools must be approved by the GHSA Executive Director in accordance with the process found in By-Law 2.64.
 - 3. No individual athlete may compete in more than one (1) race per day.
- E. Beginning and ending dates for practice and competition can be found at the front of this publication.
 - 1. There will be no interscholastic practices in Cross Country.
 - 2. Athletes may run in non-GHSA events as long as they do not represent their school, do not wear the school uniform, and are not coached at the event by their high school coach ("unattached runner").
 - 3. The following items are not allowed during competition:
 - (a) jewelry
 - (b) hair beads of any type
 - (c) sunglasses (Note: Prescription sunglasses are permitted if accompanied by a Physician's note stating that the eye wear is necessary for competition.)
 - (d) Electronic devices

REGION/AREA COMPETITION

- A. Notification of entry in Cross Country must be filed, using the form provided on the GHSA MIS website, with the Region Secretary no later than September 21, 2015.
- B. The team roster of twelve (12) participants must be submitted **electronically** to the GHSA no later than October 13, 2015.
 - 1. Coaches are to list runners in priority order: the top seven (7), then the selected five (5) alternates.
 - 2. Region Secretaries will be able to download their region's schools' rosters after this submission.
- C.
 - 1. Four (4) teams in each region (classes 2A through 6A) and four (4) teams from each Area in Class A public/private will qualify for the State Meet.
 - a. All qualifiers must be determined by Saturday, October 31, 2015 (Classes A through 6A).
 - b. Area/Region qualifiers must be sent by **electronic submission** to the GHSA Office within 48 hours of the completion of the Area/Region Meet; but not later than 9:00 a.m., on Monday, November 2, 2015.
 - 2. The first six (6) individual finishers from each region/area will qualify for the State Meet regardless of whether they are a member of a qualifying team.
- D. Cross Country rosters should list twelve (12) contestants. No replacements may be made in the list submitted to the Region Meet Director. Any seven (7) of the twelve (12) may run in the Region/Area or State.

STATE MEET:

- A. The State Cross Country Meet for all classifications will be held at Carrollton High School on November 7, 2015.
 - 1. There will be a \$5.00 admission fee for all spectators.
 - 2. The Meet Director will be Craig Musselwhite, Carrollton HS. 770-832-2120, ext. 632; Fax: 770-214-2079.
 - 3. The schedule will be as follows:

7:45 am - Boys A Private	10:35 am - Boys AAA	1:25 pm - Boys AA	4:15 pm - Boys A (public)
8:25 am - Girls A Private	11:15 am - Girls AAA	2:05 pm - Girls AA	4:55 pm - Girls A (public)
9:10 am - Boys AAAAAA	12 noon - Boys AAAA	2:50 pm - Boys AAAAAA	
9:50 am - Girls AAAAAA	12:40 pm - Girls AAAA	3:30 pm - Girls AAAAAA	
 - 4. Awards will be presented at the conclusion of each classification.
- B. A minimum of five (5) and a maximum of seven (7) entrants are allowed for each team that qualified.
 - 1. The first five (5) finishers for each team will count for the total team score.
 - 2. Each team must begin and end the competition with a minimum of five (5) runners. If, for any reason, a qualifying team does not have five (5) runners, that team will not be allowed to compete in the State Meet.
 - 3. Each member of a qualifying team, as well as individual qualifiers from each region, are considered to be in contention for individual honors.
 - 4. The state cross country course at Carrollton is closed to any individual or team practice until Friday, November 6, 2015 after 3:30 p.m. (the afternoon prior to the state meet).
 - 5. Team Instructions for the State Meet will be available on the GHSA web site.



2015 GHSA Cross Country Protocol and Procedures



- 3 -

After Area/Region RESULTS have been submitted electronically, coaches of each Qualifying Team must “confirm” their team’s expected seven runners in the State Meet. If the original submitted roster is unchanged, coaches simply confirm the original list. If coaches anticipate a CHANGE in their top seven (7) runners for the State Meet, they should “reorder” and “confirm” their updated roster so that the Top Seven roster members are those who ARE EXPECTED to compete at the State Meet. **Deadline is 5PM on Monday, November 2, 2015.**

- Bib #'s / timing tags will be assigned ONLY to the seven (7) runners, who have been “confirmed” by each Qualifying Team coach. On Race Day, Qualifying Team coaches may make necessary changes for the seven athletes who actually compete.
- Packet pick up is available on Friday, November 6 from 5PM to 6PM at Carrollton Elementary School for teams that want to get the bib numbers and tags early. Coaches who cannot be there on Friday, may pick up team packets anytime on Saturday November 7, 2015.
- On race day at the State Meet, Qualifying Team coaches will use a Declaration Sheet (example on page 4) to “finalize” any REPLACEMENTS for the original seven “confirmed” runners by completing and submitting the form to Meet Management at the packet pick-up table (deadline is 30 minutes before each race start time). If there are NO CHANGES, the form does NOT need to be completed. Please make every effort to submit the correct names of the seven who will race so that race results are accurate.
- Previous year’s uniform and jewelry rules are still in place. (see pages 5-6)



STATE MEET COLD WEATHER REMINDERS

Should the weather for races at the State Meet be significantly colder than runners have experienced during the season, here are a few **uniform reminders** for coaches' attention:

- ANY/ALL undergarments must be of a single, solid color – if the athlete wears more than one (1) layer of undergarments, all must be of the same color.
- Undergarment top and/or bottom does not have to be the same color.
- Each team member shall wear the same color and design of school uniform. If undergarments are worn by two (2) or more team members, all undergarments must be of the same color and design.
- Undergarments are restricted to one logo per piece of clothing...If two (2) logos are visible, the undergarment becomes illegal.
- Gloves are permitted.
- Arm sleeves are permitted, if they are of a single, solid color and unadorned.
- Beanies, toboggans, ear covers are permitted if of a single color, unadorned (one logo only).
- Socks are not a part of the uniform.
- Athletes must wear assigned numbers, unaltered and clearly visible.
- All other GHSA rules regarding uniforms are applicable in the State Championships. See the GHSA Constitution and By-Laws for clarifications.
- GHSA jewelry regulations are in effect for the State Cross Country Championships.

NOTE: The use of wrist watches with GPS capability is **ILLEGAL**. The penalty for this violation is **DISQUALIFICATION**.

GHSA State XC Meet - 11/7/2015
Hosted by Carrollton High School
State Meet Course in Carrollton, Ga.
Declaration Form - Boys AA

INSTRUCTIONS FOR ATTACHING BIB #'S AND TAGS ARE ON THE INFORMATION SHEET

Each Qualifying Team has been issued seven (7) BIB #'s and two tags per athlete per BIB #.

IF any of the top seven athletes are NOT RUNNING, and will be REPLACED by an alternate, please circle "Replaced" for that/those athlete(s) NOT RUNNING.

For the REPLACEMENT athlete(s), circle "Replacement" and ALSO write the BIB# of the athlete(s) being REPLACED on the line provided before "Replacement".

Athlete Name	BIB #	Status
EXAMPLE		
Qualifying Team		
1. RUNNER #1	2583	Confirmed Replaced
2. RUNNER #2	2584	Confirmed Replaced
3. RUNNER #3	2585	Confirmed Replaced
4. RUNNER #4	2586	Confirmed Replaced
5. RUNNER #5	2587	Confirmed Replaced
6. RUNNER #6	2588	Confirmed Replaced
7. RUNNER #7	2589	Confirmed Replaced
8. ALTERNATE #1	<u>2584</u>	Replacement
9. ALTERNATE #2	<u>2587</u>	Replacement
10. ALTERNATE #3	<u> </u>	Replacement
11. ALTERNATE #4	<u> </u>	Replacement
12. ALTERNATE #5	<u> </u>	Replacement



2015 GHSA CROSS COUNTRY STATE MEET

COACHES INSTRUCTIONS

1. Before leaving the check-in table, carefully review your entry list and be sure you have the correct bib numbers and the two timing tags attached to the bib that correspond to each athlete's name. Take only enough shoe ties for your runners. You will need four ties for each runner; two on each shoe.
2. If you need to make changes in the top seven runners that were confirmed online, you must do so 30 minutes before the start of the race. Follow instructions on the declaration form for making changes and complete the form before you leave the check-in area.
3. When you get back to your team area, please distribute the bib number and the two tags that are attached to the assigned runners. The bib number must be attached, unaltered, to the front of the uniform top. Make sure your runners attach the timing tags by following the instructions below. Improper attachment may result in the tag(s) falling off and your runner not being counted. Be sure to place one timing tag on each shoe. If you place two timing tags on one shoe, the mat may fail to read the tag(s).

Step 1	Step 2	Step 3
Thread the wire ties under your shoelaces	Thread the IPICO Sport Tag onto the wire ties	Secure the IPICO Sport Tag by twisting the wire ties firmly together
		

4. The timing tags will be removed by meet officials in the finish area. If your runner fails to have his/her timing tags removed and returned, your school will be charged for any missing tags.
5. Please check the order of finish and team scores on the posted results board or on line at ptgrouponline.com. Results are official 30 minutes after the race has concluded.



GHSA Cross Country Jewelry and Uniform Rules / Guidelines



Cross Country and Track & Field Jewelry and Uniform Rules are the SAME.

ATHLETES MAY NOT COMPETE WHILE WEARING JEWELRY.

- Medical alert medals are not considered jewelry. The alert should be visible. When the medal is attached:
 - to a bracelet made of metal or an unyielding material, it shall be taped to the body.
 - to a bracelet made of a pliable material, it is not required to be taped to the body.
 - to a necklace, it shall be taped to the body.
- Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- A watch may be worn around the wrist. (Note: GPS devices are ILLEGAL)
- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control a competitor's hair."

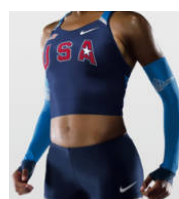
UNIFORMS: ALL UNDERGARMENTS MUST BE OF A SINGLE (SAME) COLOR.

Typical Examples of Illegal / Legal Uniforms

UNDERGARMENTS ARE NOT UNIFORMS!!



ILLEGAL
One-piece Uniforms with
multiple manufacturer
logos / references.



ILLEGAL
Uniform Top
"bare midriff"



ILLEGAL
Uniform Bottoms
"French or High Cut"



LEGAL
"Closed-Leg" Women's
Brief **Uniform Bottoms**



ILLEGAL
Uniform Bottoms with
decorative waistbands and
multiple manufacturer
logos / references.



ILLEGAL
Uniform Bottoms with
decorative waistbands
and crotch outline /
opening



LEGAL
Uniform Bottoms single
manufacturer logo, no
crotch outline or opening,
no decorative waistband.



ILLEGAL
ALL Undergarments
are **NOT** of a single
(same) color.



ILLEGAL
Uniform Bottoms with
decorative waistbands,
multiple manufacturer
logos, crotch outline



LEGAL
Uniform Bottoms with
single manufacturer
logo, NO decorative
waistband or crotch
outline

NOTE: The ultimate responsibility to have each competitor compliant with jewelry and uniform rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHSA & NFHS Jewelry and Uniform Rules!!