



GHSA CROSS COUNTRY STATE MEET



Information from the Coaches Handbook:

Monday, November 1, 2021 . 5:00 pm Deadline for Head Coaches of State Meet qualifying teams to confirm projected seven (7) runners at state meet (<https://app.ghsa.net/node>)

- **Electronic Confirmation of State Meet Qualifying Team Participants**
 - Each member school's AD has been issued login credentials for Confirmation of State Meet Qualifying Team Rosters.
 - After 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 1, 2021.**

Friday-Saturday, November 5-6, 2021 - State Meet in Carrollton, GA

(<http://www.ghsa.net/ghsa-state-cross-country-championships>)

State Meet Course Map

(https://www.ghsa.net/sites/default/files/documents/track/cross_country_map2017.pdf)

Friday, November 5, 2021

9:00 am Boys 2A
 9:45 am Girls 2A
 10:30 am Boys 3A
 11:15 am Girls 3A
 12 noon Boys 4A
 12:45 pm Girls 4A

Saturday, November 6, 2021

8:00 am Boys 6A
 8:45 am Girls 6A
 9:30 am Boys 5A
 10:15 am Girls 5A
 11:00 am Boys A Private
 11:45 am Girls A Private
 12:30 pm Boys 7A
 1:15 pm Girls 7A
 2:00 pm Boys A Public
 2:45 pm Girls A Public

STATE MEET:

- A. The State Cross Country Meet for all classifications will be held at Carrollton High School on the dates indicated on the Beginning and Ending Dates table at the front of this publication. The running order may be found on the Cross Country page of the GHSA web site (www.ghsa.net).
 1. There will be a \$5.00 admission fee for all spectators.
 2. The Meet Director will be Craig Musselwhite, 678-910-3022 or cmusselwhite7@charter.net.
 3. Awards will be presented at the conclusion of each classification.
- B. A minimum of five (5) and a maximum of seven (7) runners will be allowed free admission for each team that qualified. Coaches will be admitted on their GHSA coaching passes.
 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, is considered to be in contention for individual honors.
 4. Practice times and Team Instructions for the state meet will be announced on the Cross Country page of the GHSA web site (www.ghsa.net) approximately one month prior to the State Meet.



2021 GHSA CROSS COUNTRY STATE MEET COACHES' INSTRUCTIONS



The State Championship Course for all classifications is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHSA sanctioned/scheduled meet is run during the regular season on the course and a school enters the event).

1. Course Preview, Practice and Early Packet Pickup Times: State Meet Course Map (<https://www.ghsa.net>)
 - a. **Thursday, November 4, 2021: 3:30-5:30pm** – Course open for preview and practice **ONLY** for participants in Friday's races.
 - i. Early packet pickup available and replacements on roster Declaration Forms accepted
 - b. **Friday, November 5, 2021: 3:30-5:30pm** – Course open for preview and practice for participants in Saturday's races. The Course is **CLOSED** on Friday after the conclusion of Friday's races until 3:30pm in order for Meet Management to re-mark and re-condition the Course.
 - i. Early packet pickup available and replacements on roster Declaration Forms accepted

NOTE: Coaches and teams MUST adhere to the published times for which the course is open for preview and practice. The Carrollton Greenbelt is adjacent to the Carrollton Elementary School campus for practice.

NO teams or individual athletes competing on Friday, November 5 will be allowed on the course on Thursday, November 4 other than during the published 3:30-5:30pm time.

NO teams or individual athletes competing on Saturday, November 6 will be allowed on the course on Friday, November 5 other than during the published 3:30-5:30pm time.

2. Bib #'s / timing tags will be assigned **ONLY** to the seven (7) runners, who have been "confirmed" by each Qualifying Team coach. Athletes must wear assigned numbers, unaltered and clearly visible.
3. On Race Day, Qualifying Team coaches may make necessary changes for the seven athletes who actually compete by using a Declaration Form (example on next page) to "finalize" any REPLACEMENTS for the original seven "confirmed" runners. The Declaration Form is submitted 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. Follow instructions on the declaration form for making changes and complete the form before you leave the check-in area. Please make every effort to submit the correct names of the seven who **WILL** race so that race results are accurate.
4. Before leaving the check-in table, carefully review your entry list and be sure you have the correct bib numbers and the two timing chips 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.
5. When you get back to your team area, please distribute the bib number and the two chips 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 chips by following the instructions below. Improper attachment may result in the chip(s) falling off and your runner not being counted. Be sure to place one timing chip on each shoe. If you place two timing chips on one shoe, the mat may fail to read the chip(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 |
|  |  |  |

NFHS RULE 8-6-2: ...A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponder/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: A competitor not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race.

6. The timing chips will be removed by meet officials in the finish area. If your runner fails to have his/her timing chips removed and returned, your school will be charged for any missing chips.
7. Please check the order of finish and team scores on the posted results board or on line at ptgrouponline.com.