

FR: Roland Martin (Coach, Reno H.S.), Meet Director
Jim Parker (Coach, Reno H.S.) Assistant Meet Director
Lynn Mentzer, Results Coordinator
Donnie Nelson (Assistant Director, NIAA), Meet Coordinator

2007 NIAA 3A and 4A Northern League/Region Cross Country Championships

The 2007 NIAA Class 3A and 4A Northern League/Region boys & girls Cross Country Championship meets are scheduled to be contested Thursday, October 25 at Rancho San Rafael (Washoe County) Park in Reno. These races will serve as the state qualifiers for the 2007 NIAA all-classes Nevada State High School Cross Country Championships.

MEET SCHEDULE

Friday, October 19, 2007

Entries (boys and girls) are due to **both Roland Martin**, Meet Director, at e-mail address rolandmartin8571@sbcglobal.net, and **Lynn Mentzer**, Results Coordinator, at e-mail address lmentzer@washoe.k12.nv.us, by 3 p.m. on Friday, October 19. Teams may only compete with seven (7) athletes in the races. ***Please see the entry form on the last page of this packet.***

Thursday, October 25, 2007 @ Rancho San Rafael Park, Reno

Course open for inspection, 1:00 – 2:55 p.m.
Packet pick-up @ 12:30 – 2:30 p.m.
Coaches Meeting @ 2:30 p.m.

3A Girls @ 3:00 p.m.
4A Girls @ approximately 3:40 p.m.
3A Boys @ approximately 4:20 p.m.
4A Boys @ approximately 5:00 p.m.

Awards Ceremony @ approximately 5:40 p.m.

LOCATION

Rancho San Rafael (Washoe County) Park is located in Reno, two streets (Virginia and Sierra streets) directly west from UNR's Mackay Stadium (football). The main entrance is located on Sierra Street, one block south of the intersection of North McCarran and Sierra streets.

The start and finish lines are located in the main recreational grass playing field, in the middle of the park.

To get to Rancho San Rafael Park... take I-80 into Reno and exit/head north on Virginia Street... turn left (west) on 9th Street... turn right on Sierra Street... follow up the hill. Be ready to turn left when you get on a downhill stretch of Sierra Street. The turn lane into the park will be on the left.

Please expect to receive a confirmation of meet entries from both Roland Martin, Meet Director, and Lynn Mentzer, Results Coordinator, after your submission of entries.

***** Please note that buses must park in designated areas within the park. Thank you.***

GENERAL INFORMATION

1. Again, team entries (boys and girls) are due to **both Roland Martin**, Meet Director, at [e-mail rolandmartin8571@sbcglobal.net](mailto:rolandmartin8571@sbcglobal.net), and **Lynn Mentzer**, Results Coordinator, at [e-mail lmentzer@washoe.k12.nv.us](mailto:lmentzer@washoe.k12.nv.us), by 3 p.m. on Friday, October 19. Teams may only compete with seven (7) athletes in the races. Please see the entry form at the bottom of this packet.

2. League/Region Qualifying:

All teams and/or individuals who are part of a recognized program (NIAA member school and district-recognized) are eligible to compete in their respective league/region meet.

3. State Qualifying:

Class 3A – The top three (3) teams from the Northern League championship meet qualify the state championship meet.

The top five (5) individuals from non-qualifying teams out of the Northern League meet also advance to the state championship meet.

Class 4A – In 2007, the top four (4) teams from the Northern Region championship meet qualify for the state championship meet.

The top five (5) individuals from non-qualifying teams out of the Northern Region meet also advance to the state championship meet.

4. The championship will be governed by the 2007 National Federation's cross country rules book, the NIAA Handbook, the NIAA Reference Manual and this meet information packet. This meet information packet is a binding document for the rules and regulations of this meet.

5. Teams will consist of a maximum of seven runners, but only the first five finishers from a team will be counted in the team score. The scores (finishing places) of the sixth and seventh team members (if applicable) will serve to (displace) make the opponent's score larger. All scoring will be recorded as set by the National Federation rules book. Individuals who are not part of complete teams will be removed from the team scoring process.

6. The length of the course in all region and state meets will be approximately 5,000 meters. The Rancho San Rafael Park course consists of grass, short stretches of sidewalk, dirt and gravel.

7. All team members must wear the same school-issued jersey and shorts. National Federation rules will apply with regards to uniforms.

8. Footwear must be used by athletes. However, spikes are NOT allowed (park rule because of the bridges).

9. Protests on running attire must be made before the start of a race. The race will be held up until the meet referee makes a ruling.

10. T-shirts will be on sale in the finish line area for \$15. Snack bar (bottled beverages and food) and restroom facilities will also be available in the common area.

11. Results will be posted after the meet. The NIAA will post results (niaa.com) Thursday night. A trophy will be awarded to the first-place team in each race. Medals will be awarded to the top seven individual finishers in each race.

12. Starting boxes will be drawn by the NIAA and posted here two days before the meet.

13. Athletes and coaches may inspect the course at any time prior to the meet (12:00 - 1:55 p.m.) or at any time between races. Once a race begins, the course is closed to all persons (except those competing in the race in progress). Meet officials have the authority to disqualify any individual who does not adhere to this course closure rule.

Class 3A starting boxes (for both boys and girls):

- 4 – TBD (by draw on race day)
- 5 – TBA
- 6 – TBA
- 7 – TBA
- 8 – TBA
- 9 – TBA
- 10 – TBA
- 11 – TBA
- 12 – TBA

Class 4A starting boxes (for both boys and girls):

- 1 – TBA (by draw on race day)
- 2 – TBA
- 3 – TBA
- 4 – TBA
- 5 – TBA
- 6 – TBA
- 7 – TBA
- 8 – TBA
- 9 – TBA
- 10 – TBA
- 11 – TBA
- 12 – TBA
- 13 – TBA
- 14 – TBA
- 15 – TBA

UNIVERSAL MEET TIE-BREAKER

1. Ties involving teams

a. The aggregate score of the first five finishers for each team shall constitute their team's score. Ties for the championship, runner-up and state qualifying places will be handled in accordance with playoff procedures as written below:

National Federation Rule Book, Rule 9, Section 2, Articles 4-5:

9-2-4. Ties in team scoring shall be resolved by comparing the sixth-place finishers from tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

9-2-5. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

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RACE DAY INSTRUCTIONS

* As a reminder, a maximum of seven (7) runners are allowed in races. Teams starting a race with more than seven competitors will be disqualified.

* No warm-ups, coaches, spectators or managers are allowed inside the fenced finish-line area. Only race help, officials, media and in-race competitors will be allowed in the finish-line area.

* Please remember that cutting any part of the course (curves, streams, etc.) to gain an advantage will lead to disqualification.

Meet Entry Form

This form is due to Roland Martin, Meet Director, and Lynn Mentzer, Results Coordinator, by 3:00 p.m. on Friday, October 20. The e-mail addresses are rolandmartin8571@sbcglobal.net and lmentzer@washoe.k12.nv.us. The fax number for Roland Martin is 826-7536.

School: _____

(Circle one of each) **BOYS / GIRLS** **3A / 4A**

Coach: _____

Phone Number: _____

Pos... Full Name..... Year

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Alt. _____

Alt. _____

Alt. _____