

2024 METRO CROSS COUNTRY CHAMPIONSHIP MEET SYLLABUS

Please read through this packet and review pertinent information with your players.

Date: Thursday, Oct. 24, 2024

Place: Lower Woodland
- Fields 2 and 7 (Start/Finish)
- Map of course is attached.

Schedule:	JV Men (Frosh/Soph.)	1:00
	JV Men (Junior/Senior)	1:40
	JV Women (Open)	2:20
	Varsity Men	3:00
	Varsity Women	3:30
	JV Men (top 14)	4:00
	JV Women (top 14)	4:30
	Awards	5:15pm (or earlier if we can)

Entries Due: October 22nd at 8pm

Metro to District Allocations:

2A:

Thursday, Oct 24 @ Lower Woodland

All Seaking schools qualify and bring 7 runners, score 5 runners. The District Championship at Lower Woodland Park on Thursday, October 31st (**entries due on October 29th**).

3A:

Thursday, Oct 24 @ Lower Woodland

The top 8 boys' and girls' teams and any runner finishing in the top 56 overall (whose team did not qualify) will advance to the District Championship at Lower Woodland Park on Thursday, October 31st (**entries due on October 29th**).

4A:

Thursday, Oct 24 @ Lower Woodland

All schools qualify and bring 7 runners, 5 runners will be scored for the team qualifiers. D1 and D2 Bi District Event on Saturday Nov 2, 2024 at Lakewood High School

District to State Allocations:

2A:

Thursday, Oct 31 @ Lower Woodland

2A Men 2pm

2A Women 3:30pm

The top 2 Girls teams and any individual in the top 14 finishers whose team did not qualify will advance to State.

The top 3 Boys teams and any individual in the top 21 finishers whose team did not qualify will advance to State.

3A:

Thursday, Oct 31 @ Lower Woodland

3A Men 2:45pm

3A Women 4:15pm

The top 6 Boys and Girls teams and any runner finishing in the top 42 overall (whose team did not qualify) advances to the State Championship meet held Saturday, November 9th at Sun Willows Golf Course in Pasco Washington.

4A:

Saturday Nov 2, 2024 at Lakewood High School

Top 6 Boys and Girls teams and top 42 individuals whose team did not qualify, will advance to State

MEET INFORMATION

1. Games Committee

The Metro Championship **Games Committee** will include **John O’Leary** (BB), **Sally Revere** (LS), **Darrell Lee** (FHS), and **Sara Flemming** (RS). The Games Committee will report to the Meet Director, **Tim Frost**. Cross Country Commissioner will be present as well for the meet: Sean Gaskill (Bishop Blanchet).

2. Computer Operations / Timing / Results

Kenny Emerick and Newing Group (Computer Operations) – please visit the **timing tent** at the finish line if you have any questions about team packets, race numbers, and results.

3. Race Numbers & Chips

Race numbers: Must be worn on the front of the jersey by the person whose name appears on the number. You should have plenty of pins; if you need more, see Kenny Emerick. If you have changes to your race line-up please email Kenny Emerick at least 2hrs before the event.

Chips: Each athlete will have a disposable chip in their bib. Chips will not need to be returned at the end of the race.

*Please make sure bibs are not folded or creased to cause a timing issue at the finish line.

4. Starting Line

All athletes need to **report to the starting line fifteen (15) minutes before the start of their race** for a uniform check and last minute instructions.

5. Lane Assignments

Boys and Girls lane assignments. Lane assignments will be for all races – varsity and junior varsity.

Boys

- | | |
|------------------|-----------------------|
| 1. Rainier Beach | 9. Lincoln |
| 2. Chief Sealth | 10. Bishop Blanchet |
| 3. Garfield | 11. Franklin |
| 4. West Seattle | 12. Ingraham |
| 5. O'Dea | 13. Ballard |
| 6. Lakeside | 14. Eastside Catholic |
| 7. Nathan Hale | 15. Roosevelt |
| 8. Seattle Prep | 16. Seattle Academy |
| | 17. Cleveland |

Girls

- | | |
|--------------------|-----------------------|
| 1. Cleveland | 9. Seattle Academy |
| 2. Franklin | 10. Lincoln |
| 3. Chief Sealth | 11. Holy Names |
| 4. Lakeside | 12. Ballard |
| 5. West Seattle | 13. Ingraham |
| 6. Roosevelt | 14. Garfield |
| 7. Seattle Prep | 15. Nathan Hale |
| 8. Bishop Blanchet | 16. Eastside Catholic |
| | 17. Rainier Beach |

7. Uniforms

Must follow the **2024 NFHS T&F and XC Rules Book**.

According to **Justin Kesterson of WIAA**, long tights to the foot/ankle can be multi-colored; tights to the thigh/knee can be multi-colored. In addition, **your varsity seven (7) runners should be in a very similar uniform for the postseason races.**

8. Finish Line Area

No coaches will be allowed in the finish area. You may greet them at the end of the corral. Volunteers will encourage athletes to continuously move through the corral.

9. Athletic Trainers

There will be 1 AT stationed at the finish line area to support. Please remind your athletes to bring their own water. Our AT will provide ice and medical coverage the entire meet. Our AT for the meet is Sarah Wait (Bishop Blanchet).

10. Timing/Scoring

- a) A runner will be scored for his/her individual and team place.
- b) A FinishLynx FAT digital photo finish camera timing system will be used in conjunction with the chip timing system as the official timer and scoring system for the event.
- c) Coaches: To ensure a clean and clear photo as the racers finish, runners shall not manipulate their personal stopwatches or remove their bib number and/or bib number tear-off tags prior to entering the finish chute.

d) Coaches: Train runners to run through the finish line and into the finish corral. Runners must cooperate with finish line personnel. Diving at the finish line may be judged as an impediment to other runners and may result in disqualification of the diving runner.

e) Runners and coaches are to stay clear of all finish line cameras and the official timer at all times during the race.

11. Scoring / Results

a) The team score shall be determined by totaling the points scored by the first five (5) runners to finish from each team. If fewer than five (5) runners finish for any team no score will be listed for that team. Individual finishers will not be counted in the team scoring.

b) If we have a tie within the team scoring, it will be broken by comparing the 6th place finisher from the tied teams. The team with the best 6th place finisher shall prevail. If a team does not have a 6th place finisher, the team with the 6th place finisher will prevail. If only five (5) competitors finish from both teams that tie, the team scoring shall be resolved by totaling the scores of the first four (4) finishers.

c) Race results will be available approximately 30 minutes after each race.

d) Results will also be posted at athletic live and 1 mile splits. Official results will be posted on www.athletic.net following the meet.

12. Awards

Team and individual awards will begin shortly after the final race at the finish line area on Field 7 - around 5:15pm or sooner. Award break down below was decided by League and AD's. We will recognize top 8 finishers of the Open and JV top 14 races.

- Individual Medals
 - Varsity:
 - 1st - Gold Medal
 - 1st for 4A classification (if finish within top 10)
 - 2nd - Silver Medal
 - 3rd - Bronze Medal
 - 4-10: Certificates
- Team Trophy
 - 2A (traveling)
 - 3A (permanent - done in the past)