

**Idaho High School Activities Association**

# **2004 State Cross Country Meet Manual**



**United Dairymen of Idaho  
The Official Sponsor of IHSAA  
State Championship Events**

## 2004-2005 State Tournament Host Hotels

The following hotels have agreed to serve as the 2004-2005 State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge member schools to patronize these Partners in Youth Development.

### BOISE (EAST)

<b>HOLIDAY INN</b>	<b>3300 Vista Ave.</b>	<b>208-344-8365</b>
<b>DOUBLETREE CLUB HOTEL</b>	<b>475 W. Parkcenter Blvd.</b>	<b>208-345-2002</b>
<b>RED LION PARKCENTER</b>	<b>424 E. Parkcenter Blvd.</b>	
<b>HAMPTON INN</b>	<b>3270 S. Shoshone</b>	<b>208-331-5600</b>
<b>FAIRFIELD INN BY MARRIOTT</b>	<b>3300 S. Shoshone</b>	<b>208-331-5656</b>

### BOISE (WEST) / NAMPA / CALDWELL

<b>SHILO INNS &amp; RESORTS</b>	<b>FOUR AREA LOCATIONS</b>	
<b>Nampa Suites</b>	<b>1401 Shilo Dr., Nampa</b>	<b>208-465-3250</b>
<b>Nampa Blvd</b>	<b>617 Nampa Blvd., Nampa</b>	<b>208-466-8993</b>
<b>Boise Airport</b>	<b>4111 Broadway, Boise</b>	<b>208-343-7662</b>
<b>Boise Riverside</b>	<b>3031 Main, Boise</b>	<b>208-344-3521</b>
<b>HAMPTON INN</b>	<b>5750 E. Franklin Rd, Nampa</b>	<b>208-442-0036</b>
<b>RODEWAY INN</b>	<b>1115 N. Curtis Rd., Boise</b>	<b>208-376-2700</b>

### COEUR D'ALENE AREA

<b>COEUR D'ALENE INN</b>	<b>414 W Appleway, CDA</b>	<b>208-765-3200</b>
<b>SHILO INN</b>	<b>702 W Appleway, CDA</b>	<b>208-664-2300</b>

### IDAHO FALLS AREA

<b>SHILO INN</b>	<b>780 Lindsey Blvd., IF</b>	<b>208-523-0088</b>
<b>RED LION IF HOTEL</b>	<b>475 River Parkway, IF</b>	<b>208-523-8000</b>

### POCATELLO AREA

<b>POCATELLO CONVENTION AND VISITORS BUREAU</b>	<b>208-235-7659</b>
---	---------------------

Pocatello area hotels have agreed to share in providing rooms for IHSAA officials. To make reservations at tournament rates, please contact the Pocatello Convention and Visitors Bureau.

### TWIN FALLS AREA

<b>SHILO INN</b>	<b>1586 Blue Lakes Blvd., T.F.</b>	<b>208-733-7545</b>
<b>BURLEY INN</b>	<b>800 Overland Ave, Burley</b>	<b>208-678-3501</b>

**Idaho State Cross Country Championships**  
**KELLY PARK, SODA SPRINGS**  
**October 30, 2004**

**Welcome**

The Idaho High School Activities Association welcomes you to the 2004 State Cross Country Championships - an event which is the culmination of countless hours of dedicated training by 600+ outstanding Idaho student-athletes. We hope it will be an enjoyable experience for all participants. Thanks go to those who are working diligently to make this year's meet a successful event, especially Jeff Horsely, Soda Springs High School, Soda Springs community volunteers, the Kelly Park staff and District V coaches.

This manual has been prepared to provide information for administration of IHSAA sponsored cross country meets. Although intended as a guideline to establish uniformity, it specifically addresses state tournament regulations.

**Table of Contents**

Qualifying Standards for State.....	4
State Meet Schedule.....	4
State Course Map & Description .....	5
State Course Location.....	6
Parking/Entry Fee .....	6
Pet Restrictions .....	6
Medical Facilities.....	6
Park Facilities.....	6
Restrooms .....	6
Concessions.....	6
T-Shirts/Merchandise.....	6
Contestant Numbers.....	6
Awards .....	6
Games Committee.....	7
Host Hotels.....	7
Hotel Conduct .....	7
Cross Country General Rules & Regulations .....	7-8
2003 State Results / Past Champions.....	9

## Idaho High School Activities Association

### QUALIFYING PROCEDURES FOR STATE CROSS COUNTRY

**Team:** The number of teams that qualify to the state meet shall be determined by the following procedure:

- 1 Teams that finish in the top one-half, or major portion thereof, of the full teams that complete the district meet shall qualify for the state meet. If a tie exists in the final qualifying position, both teams shall advance.
2. If a school is unable to participate as a full team in the district meet due to circumstances beyond their control (e.g. 5<sup>th</sup> runner is injured, bus breaks down, etc.), the school shall be included in the count that determines the number of qualifying teams, provided they competed as a full team (at least five members) in six meets during the regular season.
3. If only two full teams compete at the district/regional meet, the second place team may be eligible for an at-large berth to the state meet by the following procedure:
  - a. The district meet manager submits an at-large qualifying request to the IHSAA by 8:00 a.m. Sunday prior to the state meet
  - b. A panel, composed of representatives from each district, will determine which, if any, teams should qualify by evaluating: 1) head to head competition with teams from their district and surrounding districts; 2) time average for the team's top five runners from their final five meets of the regular season.

**Individual:** Runners whose team does not qualify, may qualify as individuals by finishing in the top one-third of the total number of competitors that complete the district meet. A maximum of seven runners per school shall be counted in determining the total number of competitors.

**Hardship Qualification:** An individual may receive a hardship qualification to the state cross country meet if he/she meets #1 and #2 or #3 of the following criteria:

1. Finish in the top 1/3 at the last four meets prior to the district/regional meet.
2. Fail to finish in the top 1/3 at the district/regional meet because of a situation beyond their control (e.g., being fouled by a spectator).
3. Being unable to compete in the district/regional meet due to an injury or illness as certified by a licensed medical practitioner. The certification must specify that participation at the state meet is allowed.

**Honest Effort Rule:** If a runner starts, but does not finish, the district meet, he/she shall be included in the count that determines the number of qualifying teams and individuals, provided the district manager determines that an honest effort was made and that the non-finish was due to circumstances beyond the runner's control.

### STATE MEET INFORMATION

**October 30, 2004 – Kelly Park, Soda Springs**

Meet Director: Jeff Horsley, Soda Springs High School  
IHSAA Administrator: Diane Wolf

#### **Schedule of Events**

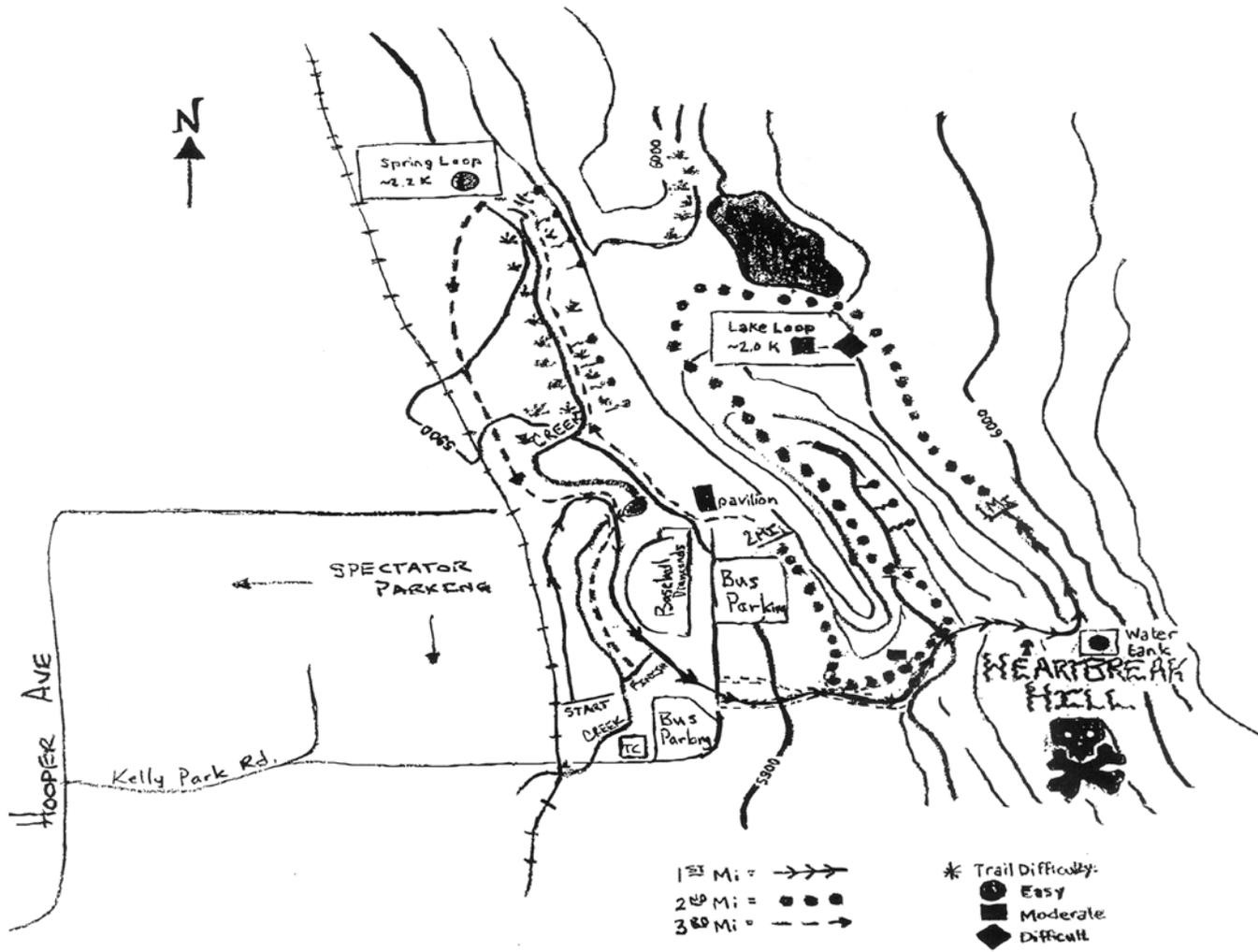
Course Open for Preview:	Friday, Oct. 29	2:00 - 5:00 p.m.
Coaches' Meeting:	TBA	
Workers' Meeting:	Sat. 9:45 a.m.	Site: Park Pavillion
First Call:	10:45 a.m	(no course preview permitted after 10:45)
First Race:	11:00 a.m.	

**Order of Races** (Times are approximate )

Race 1: 11:00	3A Girls	Race 2: 11:30	4A Girls
Race 3: 12:00	3A Boys	Race 4: 12:30	4A Boys
Race 5: 1:00	5A Girls	Race 6: 1:30	2A Girls
Race 7: 2:00	5A Boys	Race 8: 2:30	2A Boys

Race order is set to allow more coaching time with both girls and boys and is rotated yearly. Awards ceremony will be held ASAP after the boys' race in each classification.

**State Course Map – Kelly Park**



**Course Description**

The course in scenic Kelly Park will have runners paralleling streams in the bottom of basalt canyons and running through wooded areas with a canopy of quaking aspens overhead. The majority of the course is run on packed silica with short segments of grass, packed gravel/dirt, and two very short sections of asphalt. With the exception of Heartbreak Hill. The course is relatively flat or downhill.

### **Driving Directions to Kelly Park**

From I-15, take the McCammon/Soda Springs Exit and follow Hwy 30 east for 33 miles to Soda Springs. Continue east to the second stop light in town (3<sup>rd</sup> East), turn left and go over the overpass. Turn right on Hooper Ave. Proceed approximately 1/2 mile and turn right on Kelly Park Rd. The course is about 1/2 mile.

### **Parking/Entry Fee**

A \$5.00 per car entry fee will be charged to all private vehicles. Team busses will be admitted free of charge. Spectator parking is on the west side of the railroad tracks and bus parking is on the east side of the tracks.

### **Contestant Numbers**

Each team packet will contain pre-assigned numbers. There are two numbers per participant. They are the same number, but one has a tear-off tag on the bottom. **The number with the tear-off tag must be pinned to the runner's upper back.** The number without the tear-off portion shall be pinned both top and bottom on the **chest**. Coaches: Please ensure that each runner is wearing his/her assigned number and that the numbers on the back and front match.

### **Awards**

Awards will be presented immediately following the boys' race of each classification. (Other races may be in progress during awards.)

**Team Awards:** Trophies will be awarded to the champion, runner-up, and third place teams for boys and girls in 5A, 4A, 3A, and 2A. Championship banners from the United Dairymen of Idaho will be awarded to all first place teams. All seven members of first place teams will receive medals. Members of second and third place teams will receive ribbons.

**Individual Awards:** The top twenty individual finishers in each division and classification will receive a medal. Each participant will receive a certificate of participation.

### **Concessions**

Concessions will be available for purchase from the Soda Springs High School track & cross country teams.

### **Medical Facilities**

Medical facilities will be set up near the finish line, and medical personnel will be available at all times during the meet. Coaches - please bring your own taping supplies.

### **Park Facilities**

Kelly Park does not have indoor facilities for your runners to gather or dress. Teams should bring their own towels. Note: Do not allow athletes to take towels from your hotel.

### **Pet Restrictions**

It is requested that no animals be brought into the park. If it is imperative to bring one, the animal must be on a leash at all times.

### **Restrooms**

Portable toilets, some with handicap access, will be located around the area.

### **T-shirts/Merchandise**

State Championship merchandise, including t-shirts, sweatshirts, and other items will be available for purchase from McU Sports on Friday afternoon and Saturday during the meet.

## **Games Committee**

The Games Committee is responsible for the proper conduct and supervision of the State Cross Country meet.  
2004 Games Committee:

Jeff Horsley	Meet Manager	Jim Nelson	Scoring Supervisor
Jerry Kleinkopf	Referee	Diane Wolf	IHSAA Administrator

## **Hotels/Motels**

There are many lodging options within 30 minutes of Soda Springs, including hotels in Soda Springs, Grace, Montpelier and Lava Hot Springs. Additionally, The Pocatello Convention and Visitors' Bureau will arrange rooms in Pocatello, 45 minutes from the course. You may contact them at 208-235-7659.

## **Hotel Conduct/Supervision**

Please make sure your athletes are properly supervised at all times. Coaches are strongly encouraged to check rooms closely upon arrival and again at departure.

# **CROSS COUNTRY RULES 2004**

## **Classification (based on grades 9-12)**

Class 5A	1280 and over	Class 3A	639-320
Class 4A	1279-640	Class 2A	319 and under

## **Governance**

National Federation rules will be followed in all Idaho cross country meets. Cross country rules are included in the National Federation Track and Field Rules Book (issued in spring of preceding school year).

## **Scheduling Requirements / Limitations**

No team or individual shall participate in more than nine meets per season; nor exceed two meets per week, one of which must be on a Saturday. A contestant who exceeds these limitations will become ineligible for district, state, or any other additional IHSAA cross country meet.

## **Road Runs**

Cross country runners are not permitted to participate in road runs, fun runs, etc. during the season August 13 to October 30.

## **Team Size**

Five runners are required to be considered a full team. A maximum of 7 runners per school may enter the state meet. If fewer than 5 members finish the state meet, it will be for individual honors only.

## **Scoring**

Team scores are determined by adding together the places of finish for a team's top 5 finishers. If fewer than 5 competitors of a team finish, the places of all members of that team shall be disregarded and team scores will be re-ranked.

Ties in team scoring shall be resolved by comparing the sixth place finisher from the tying teams. The team with the best sixth place finisher shall prevail. If only five runners of the tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

## **Disqualifications**

Contestants guilty of the following infractions shall be disqualified:

1. False start.
2. Interference with another runner. Interference is any action that unfairly changes the course or natural running rhythm of another.
3. Receiving assistance from another person that could improve performance. Assistance includes:
  - a) Pacing a runner or being stationed near the course for the purpose of aiding a runner
  - b) Runners joining hands or grasping each other during a race
  - c) Runner using an aid during a race (handing water to runner is ok)
4. Failure to complete the legally marked, prescribed course.
5. Wearing an illegal uniform or number
6. Unsportsmanlike conduct. Includes, but is not limited to: disrespect towards official; use of profanity; taunting or criticizing an opponent ; willful failure to follow the directions of meet officials. This includes contestants, coaches, and other school personnel.

## **Uniforms**

1. The cross country uniform consists of a school-issued shorts and full-length-jersey (long enough to cover the waistband of the shorts) which may have school identification. Items may have a single manufacturer's logo or trademark, not to exceed 2 1/4" x 2 1/4". Loose fitting boxer-type shorts are approved for boys and girls, while closed-leg briefs are also acceptable for girls. Shorts may vary in length and style, but must of the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (french or high cut) and similar apparel may be worn under the shorts, but not in lieu of them. The waistband of a runner's shorts shall be worn above the hips.
2. Each team member shall wear uniforms of the same color and design. When other visible apparel is worn under the uniform, it must be of a single (same, solid) color but need not be the same color under each item of apparel. If worn by more than one team member, that apparel must be the same color, but not necessarily the same length. Note: Sports bras are not considered "visible apparel" and do not need to be the same color for each member.
3. Shoes must be worn. Shoes must have both an upper (which can be fastened securely to the foot) and a definitely recognizable sole and heel. Slippers or socks may not be worn as shoes.
4. Headwear may be worn in inclement weather only, unless otherwise prescribed by a medical professional. (Idaho Modification) Hats/headbands shall be of a solid color and fit snugly to the head. Headwear with brims or loose, hanging parts are not permitted.
5. The assigned contestant number must be worn correctly.

## 2003 STATE CROSS COUNTRY CHAMPIONS

**5A Boys**  
 Individual: Adam Follett Idaho Falls  
 Team: Borah Tim Severa

**4A Boys**  
 Individual: Aaron Wolfe Century  
 Team: Hillcrest Bob Hagert

**3A Boys**  
 Individual: Dallas Eborn Bear Lake  
 Team: Gooding Kent Seifert

**2A Boys**  
 Individual: Jake Peterson Firth  
 Team: Firth Brett Hill

**5A Girls**  
 Karleigh Gempler Borah  
 Borah Tim Severa

**4A Girls**  
 Ali Brosh Sandpoint  
 Bishop Kelly Tom Shanahan

**3A Girls**  
 Sheralyn Davidson Bear Lake  
 Bear Lake Don Golding

**2A Girls**  
 Lacey Holder Firth  
 Firth Brett Hill

### RECENT TEAM CHAMPIONS

		<u>BOYS</u>	<u>GIRLS</u>
5A	2002	Idaho Falls	Meridian
	2001	Meridian	Meridian
	2000	Capital	Meridian
4A	2002	Hillcrest	Sandpoint
	2001	Bishop Kelly	Bishop Kelly
	2000	Vallivue	Vallivue
A-1	1999	Centennial	Meridian
	1998	Meridian	Boise
	1997	Skyline	Boise
	1996	Idaho Falls	Pocatello
3A	2002	Preston	Salmon
	2001	Preston	Preston
	2000	Preston	Preston
	1999	Snake River	Bishop Kelly
	1998	Snake River	Bishop Kelly
	1997	Vallivue	Jerome
	1996	Vallivue	Jerome
2A	2002	Firth	Firth
	2001	Firth	Malad
	2000	Firth	Malad
	1999	Firth	Malad
	1998	Firth	Teton
	1997	Firth	McCall-Donnelly
	1996	Ririe	McCall-Donnelly