

4/23/08

**SPSL
SUB-DISTRICT
4A CROSS COUNTRY MEET**

Saturday, October 24, 2009
Ft. Steilacoom Park

NORTH

Auburn

Kentlake

Kent Meridian

Kentridge

Kentwood

Tahoma

CENTRAL

Auburn Riverside

Curtis

Decatur

Federal Way

Thomas Jefferson

Todd Beamer

SOUTH

Emerald Ridge

Bethel

Graham Kapowsin

Puyallup

Rogers

Spanaway Lake

Welcome to all coaches and competitors to Ft. Steilacoom Park and today's Sub-District Cross Country race. This event brings together athletes from all 3 divisions of the South Puget Sound League. Today's athlete's will be trying to qualify for the West Central District cross country meet held next week at American Lake. Good luck to all and have a great day!

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GOVERNING RULES- The National Federation Rules shall apply.

SCHEDULE

<u>3A division</u>	<u>4A division</u>
9:30am Coaches meeting	12:30 Coaches meeting
10:00 Girls Varsity	1:00 Girls Varsity
10:30 Boys Varsity	1:30 Boys Varsity
11:10 Girls JV	2:10 Girls JV
11:45 Boys JV	2:45 Boys JV
12:30 Awards	3:30 Awards

LANE ASSIGNMENTS

4A

1. KENTRIDGE
2. THOMAS JEFFERSON
3. SPANAWAY LAKE
4. KENTLAKE
5. DECATUR
6. ROGERS
7. KENTWOOD
8. TODD BEAMER
9. EMERALD RIDGE
10. KENT MERIDIAN
11. AUBURN RIVERSIDE
12. GRAHAM KAPOWSIN
13. CURTIS
14. TAHOMA
15. BETHEL
16. FEDERAL WAY
17. PUYALLUP
18. AUBURN

ATOMIZERS/INHALERS (as per National Federation rule) A letter or note from a doctor must be presented to the meet director or designee before the race. The note must document the need for the athlete to use the atomizer/inhaler during competition to ensure his/her safety. Without a doctor's statement, the athlete may only use the atomizer/inhaler prior to and after competition.

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AWARDS (subject to change)

Medals will be awarded to the top 7 individual finishers.

Team ribbons will be awarded to each runner on the 7-member squad for the **top ten teams** that have qualified for West Central District. Individual ribbons will be awarded to those West Central District Qualifiers among the **top fifty finishers**.

GAMES COMMITTEE - Any issues that arise before or during the meet should be brought to the attention of the Games Committee. The Games Committee will be composed of three cross country coaches from teams not directly associated with the conflict. Mike Grady will facilitate the committee meeting.

NUMBERS - A competitor must wear a contestant number on the front of the uniform before being allowed to compete.

SOUVENIR CLOTHING

Custom t-shirts, sweatshirts, etc. will be sold during the day of the race by a contracted vendor, namely Northwest Design.

SCORING

The team scores and subsequent order of finish shall be determined by totaling the points scored by the first five (5) runners of each team that complete the race. If fewer than five runners from one team complete the race, a team score of INC. (incomplete) will be awarded that team and the places of all members of that team shall be disregarded in the scoring of the other teams. See NFHS Cross Country Rule 9.2. Team Ties: Ties in the team scoring shall be resolved by comparing the sixth-place finishers from the tying teams.

SPORTSMANSHIP

All officials are required to enforce rules of sportsmanship for all participants. Acts meant to demean or intimidate opposing runners, teams, coaches, spectators or officials will not be tolerated.

UNIFORMS - Contestants shall wear only the uniforms authorized by their school. If there is more than one contestant for a school, uniforms must be alike. Shoes are required. . Remind your athletes of the rules pertaining to T-shirts, spandex, etc (same color if worn by more than one team member).

WEST CENTRAL DISTRICT QUALIFYING (subject to change)

The **top ten (10) teams** and **top fifty (50) finishers** from each gender will qualify for the WCD meet to be run at American Lake Golf Course on Saturday, November 1, 2008. WCD event details are available at the state website www.wiaa.com.