

# South Suburban Cross Country Championship Meet

Day & Date: Friday, October 14, 2011 [Weather alternate: Sat., Oct 15<sup>th</sup> – 2 hours earlier]\*\*

Schedule: 2:30 p.m. Coaches' meeting  
3:30 p.m. Boys JV Race (4000 m) – unlimited entrants  
4:10 p.m. Girls Varsity Race (5000 m) – 10 entrants, first 7 used for team results  
4:40 p.m. Boys Varsity Race (4000 m) – 10 entrants, first 7 used for team results  
5:15 p.m. Girls JV Race (5000 m) – unlimited entrants  
5:50 p.m. Awards in school gymnasium

Location: Eagan High School  
4185 Braddock Trail  
Eagan, MN 55123-1575

Meet Greg Utecht, Meet Manager  
Management: Bob Ertl, Lakeville North Activities Director, Conference Cross Country Coordinator

Competing Schools:	Starting Box	Team	Starting Box	Team
	1	Apple Valley	2	Eastview
	3	Bloomington Kennedy	4	Lakeville North
	5	Burnsville	6	Rosemount
	7	Lakeville South	8	Bloomington Jefferson
	9	Prior Lake	10	Eagan

All team members for each race are expected to be at the start line for clerk information and instructions 15 minutes prior to their scheduled start.

Entrants: Varsity teams may enter 10 runners maximum. JV teams may have unlimited entries. Please be sure all athletes are listed on the team eligibility roster on the website of the Minnesota State High School League. **Entries are due at [raceberryjam.com](http://raceberryjam.com) by 6:00 p.m. Saturday, October 9, 2010.** Please remove any runners from your roster that will NOT be competing so we do not pay for extra timing chips.

Scoring: Electronic chip timing, placing, and scoring will be provided by Jack Moran and RaceberryJaM.

Chips will be available in each team's meet packet on race day by 2:15 p.m. There will be 1 chip per runner to be laced into a single shoe. Official video cameras will be used at the finish corral per conference policies. Runners will wear an assigned number on the front of their uniform tops which coaches will receive at check-in. Please be sure that runners wear the correct numbers. Pins will be provided.

Chips are to be returned by team and gender to the finish area prior to the awards ceremony. Schools will be charged \$10 per chip for any not returned the day of the meet.

Jury of Appeals: The Jury of Appeals this season includes the head coaches from Apple Valley, Bloomington Kennedy, and Prior Lake High Schools along with meet manager Greg Utecht. The meet starter will serve as referee. If an appeal of a referee's decision is by a member of the jury, that coach and the other coach from that school shall not participate in the jury discussions or decisions. Judgment calls by officials are not appealable.

Trainer: A certified trainer from the Institute for Athletic Medicine will be on-site on race day beginning at 2:30 p.m.

Uniforms/  
Jewelry, etc.: Refer to your copy of the 2011 NFHS rules as well as interpretations published by MSHSL for relevant information. Check the cross country website area at mshsl.org for 2011 jewelry and uniform rule clarifications. Officials do not have the authority to disregard rules. Coaches are responsible for knowing the rules and helping their athletes adhere to them. Please note the interpretation from the national federation banning watches with GPS capability.

Electronic  
Devices: Rules prohibit the use of electronic devices in competition areas. These refer to athletes, coaches, officials, spectators, and so on. The competition area is really the entire site except for team campsites. Please be sure you and your athletes do not have cell phones, iPods, and so on anywhere near the race course, starting areas, finish areas, or competitors from 3:10 p.m. (first race clerk time) until the final finisher crosses the finish in the girls JV race.

Race Day  
Coaches' Meeting: There will be a brief coaches meeting for last minute information at the **FINISH** area at 2:30 p.m.

Pets: There have been increasing incidents with loose animals at other cross country races in the area. Please remind your spectators to leave their pets at home.

Course Maps: The course is the traditional Eagan High School course. Maps are included with this information and a limited number will be available on race day. Please make copies of the ones you receive ahead of time for your team.

Awards: The awards program includes team trophies to the championship school in each of the varsity boys and girls races. The top 20 individuals in the varsity races shall receive All-Conference recognition; places 21-40 in each shall be Honorable Mention All-Conference.

Bus Parking: Buses need to park in the northwest parking lot by the tennis courts off Northview Park Road.

Questions: Greg Utecht  
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\*\* Weather may be inclement due to lightning/thunderstorms, excessive wind conditions, or environmental heat problems. Heat readings (wet bulb global temperature) will be taken by 1:45 p.m. on race day and must not exceed 85°F. Schools will be notified if the meet will be postponed due to heat or may contact the Coordinator, Bob Ertl.