

**District-6 NCWAA**  
**4A DISTRICT CROSS COUNTRY CHAMPIONSHIPS**  
**Franklin Park, Yakima**  
**THURSDAY, OCTOBER 29, 2015**

RACE TIMES:	2:30pm      Wheelchair Division 3:00pm      Girls' Junior Varsity 3:30pm      Boys' Junior Varsity 4:00pm      Girls' Varsity 4:30pm      Boys' Varsity 5:15pm      Awards Ceremony
ENTRIES:	Each school's entries will be taken from the school's athletic.net posted roster by <b>5:00pm on Wednesday, October 28</b> . The roster entry form shall contain the names of the seven identified varsity competitors each team, plus an unlimited number of entries for the Junior Varsity races. Any changes to the initial entries may be made up to one hour prior to the start of a specific race.
COURSE INFORMATION:	The running course is identical to the 3-mile course used for the Sunfair Invitational meet earlier in the month. A combination of flagging, cones and paint will be used to identify the course to runners and spectators. All hard and unyielding surfaces will be covered by rubber mats to ensure safety of the runners.
RULES & UNIFORMS:	All National Federation rules will be in effect. Please make sure that all uniforms are in full compliance with WIAA rules.
MEET NUMBERS:	Competition numbers will be assigned to each competitor. Numbers must be worn on the front of the uniform for each competitor during competition.
TIMING & RESULTS:	Eisenhower's Timing Crew will be responsible for entries and results. A video camera will be used to ensure accuracy of the results. Individual and team results will be available after each race and will be posted on athletic.net.
STATE QUALIFIERS:	The top two teams from each varsity race qualify for state as well as the top 10-individual placers. Please note that the runners for the top two teams count in the top ten individual placers. The first 2-finishers in the J.V. race for each state qualifying team will be entered as alternates for the state meet.
LANE ASSIGNMENTS:	Lane assignments will be determined by a random draw for the girls' races and for the boys' races. Each race will have a specific draw for that event. Lanes will be 6 ft. in width. The Meet Referee will perform the draw prior to the meet. The lane assignments will be sent out to coaches prior to the meet.
COACHES MEETING:	There will be a coaches meeting at 2:00pm at the Rotary Pavilion near the race Finish Line. Race packets will be handed out at this time.
MEET DIRECTORS:	Paul Stephens (Eisenhower A.D.) and Phil English.
MEET REFEREE:	Chris Svendsen.
GAMES COMMITTEE:	The games committee will be Rick Glenn, Les Newport & Kevin McCarthy.
TEAM AWARDS:	A plaque will be awarded to the winner of the boys and girls varsity races. The League trophies will be presented to the winning teams at the beginning of the Awards Ceremony.
INDIVIDUAL AWARDS:	Medals will be awarded to the boys and girls varsity champion along with placing ribbons for spots 2 <sup>nd</sup> – 6 <sup>th</sup> and qualifying ribbons for places 7 <sup>th</sup> – 10 <sup>th</sup> . The top three finishers in the Junior Varsity races will receive a medal and places 4 <sup>th</sup> – 20 <sup>th</sup> will receive a ribbon.
AWARD PRESENTATION:	The Awards Ceremony will take place next to the Museum at the end of the meet.
QUESTIONS:	Please contact any of the following individuals for any questions that you may have: Chris Svendsen ( <a href="mailto:csvendsen8327@charter.net">csvendsen8327@charter.net</a> ) Paul Stephens ( <a href="mailto:stephens.paul@yakimaschools.org">stephens.paul@yakimaschools.org</a> ) Phil English ( <a href="mailto:english.phil@yakimaschools.org">english.phil@yakimaschools.org</a> )