

2009/2010 WPIAL CROSS-COUNTRY CHAMPIONSHIPS

September 23, 2009

TO: WPIAL Athletic Directors

FROM: Tim O'Malley, Executive Director

The 2009 WPIAL Cross Country Championship will be held at Cooper's Lake on Thursday, October 29, 2009. There will be a 1:00 pm coaches meeting. The start times for the races are as follows:

AA Girls	1:45 PM	AAA Girls	2:30 PM
AA Boys	3:15 PM	AAA Boys	4:00 PM

Please make sure your coach and your runners are given a copy of the following information. If you have no team but would like to enter a runner, follow the instructions given on Page 4 "Registration Instructions for the 2009 WPIAL Cross Country Championships". All runners (team and non-team) should be entered using this format. **Non-team schools may enter only one male and/or one female.** All runners must be accompanied by a professional employee of the school district or a designated coach (in writing) who must remain for the duration of the event. A letter must be sent to the WPIAL office from the school principal or athletic director identifying the independent competitor/s and their coach.

GENERAL INSTRUCTIONS

ENTRIES – Eight may be listed – seven may enter the race – five will count in scoring.

SCORING – The first five runners of each team constitute the total team score. Ties in team scoring in the WPIAL championship event shall be resolved by comparing the sixth place finishers from the tied teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with a sixth place finisher will prevail. In a tie situation, if only five competitors of both teams finish, the team score shall be resolved by totaling the score of the first four competitors.

TEAM SCORE – There will be re-ranking of individual (non-team) in computing the total team score to determine the winner in the championship event at Cooper's Lake.

FINISH LINE PROCEDURE – The timing and scoring of runners will be done by the use of ChampionChips. Runners must run over the mats provided at the finish line to record their time. If a chip malfunctions or, for some reason does not record a time, the race director will approve the video confirmation of runners to confirm all qualifiers/medalists. Results are official when posted under the approval of the Tournament Director. Clerical or team scoring errors may be corrected up to 48 hours after the conclusion of the meet. Appeals regarding the misapplication of rules shall be filed within 30 minutes after the results have been announced or made official.

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TIMING CHIP – The ChampionChip timing device, provided by the Runner's High, will be utilized again at the 2009 WPIAL Cross Country Championship. Each runner will attach the small computer chip to his or her shoe to allow automatic place recording as the chip passes the special mat at the finish line. A video camera will document the finish line for review of any close finishes.

Once the chips are removed from the envelope, make sure they do not get mixed up. The computer file is pre-calibrated with the data for that runner.

Coaches are responsible for collecting the chips for his or her team. A baggie will be provided in the registration packet. Please wait until after the last race before the baggies are returned to the specified area at the registration tent. Schools will be charged \$35 for each unreturned ChampionChip.

For more information on the chip, check out the Runner's High Website at www.runhigh.com. Results from the meet will also be listed at this site.

UNIFORMS –

- ⏪ Shoes are required (no slippers or socks). Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/short shorts are acceptable for girls. The jersey and shorts may have the school identification and the jersey may have the competitor's name. The jersey may not be knotted or have a knot-like protrusion.
- ⏪ A single manufacturer's logo or trademark, no more than 2-1/4 inches square with no dimension more than 2-1/4 inches is permitted on each item of apparel. The American flag is permitted, but may not exceed 2 x 3 inches in size. **Under Armour or similar items with more than one visible logo are not permitted.**
- ⏪ Each member of a cross country team shall wear the same color and design of school uniform (jersey and shorts). Visible items worn under both the jersey and the shorts do not have to be the same color, unless it is worn by two or more team members. When other visible apparel is worn under the school uniform, it must be unadorned and be of **a single solid** color (but does not have to be the same length) for all teammates choosing to wear them. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, abbreviated briefs (French or high cut) and similar apparel may be worn under the shorts, but not in lieu of them. The waistband on the shorts must be worn above the hips. Bare midriff tops are not acceptable. The jersey must hang below or be tucked into the shorts or briefs when the competitor is standing.
- ⏪ Jewelry is not permitted. However, religious medals are permitted but must be taped and worn under the uniform. Medical alert medals are also permitted and must be taped but may be visible.

A competitor who competes with an illegal uniform **will** be disqualified from the event.

AWARDS – Trophies and medals will be presented at a special ceremony at the completion of the AAA boys' race as follows:

- ⏪ A team trophy will be presented to the winner and runner-up and plaques for section winners in each classification for boys and girls. Please complete the section information requested, and fax the contender's form that is available on the WPIAL website under Fall Contenders Forms.
- ⏪ Medals will be awarded to the **top 20 runners** in each classification for boys and girls.

T-SHIRTS/SWEATSHIRTS

WPIAL championship shirts will be available for sale at the meet for the following prices:

Long Sleeved T-Shirts ~ \$16.00 Hooded Sweatshirts ~ \$26.00

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PIAA Championships will be held at Parkview Cross Country Course in the Hershey Giant Center Complex on Saturday, November 7, 2009.

District	Teams Qualifying for PIAA Meet					Non-Team Individuals to PIAA Meet			
	AA Girls	AAA Girls	AA Boys	AAA Boys		AA Girls	AAA Girls	AA Boys	AAA Boys
I	1	5	1	5		5	25	5	25
II	2	1	2	1		10	5	10	5
III	3	5	3	5		15	25	15	25
IV	2	1	2	1		10	5	10	5
V	1	0	1	0		5	0	5	0
VI	2	1	2	1		10	5	10	5
VII	4	4	4	4		20	20	20	20
VIII	0	1	0	1		0	5	0	5
IX	2	1	2	1		10	5	10	5
X	3	1	3	1		15	5	15	5
XI	2	2	2	2		10	10	10	10
XII	3	2	3	2		15	10	15	10
	25	24	25	24		125	120	125	120

A school qualifying for PIAA team competition is entitled to enter eight (8) runners. Seven (7) runners are permitted to race, five (5) will count in the scoring.

The time schedule for the PIAA meet is as follows:

Girls AA – 9:00 AM (yellow numbers) Boys AA – 11:00 AM (green numbers)
 Girls AAA – 10:00 AM (pink numbers) Boys AAA – 12:00 Noon (blue numbers)
 Awards Presentation -1:00 PM GIANT Center

SPECIAL NOTES

- ⚡ ***The next page in this document is the registration instruction for this year’s championship. Deadline is 6:00 pm on Saturday 10/17.***
- ⚡ ***A maximum of eight (8) runners may be entered from each school.***
- ⚡ ***Non-team schools may only enter one male and/or one female.***
- ⚡ ***Keep a copy of your entries and bring them to the meet.***
- ⚡ ***There will be no hard copies mailed.***
- ⚡ ***DIRECTIONS TO COOPER’S LAKE:***
Route 79 North to Route 422. Left on Route 422 to approximately ¼ mile to Currie Road. Right on Currie Road. Follow road taking left fork to parking approximately ½ mile. Cooper’s Lake is south of Slippery Rock University. A \$5.00 parking charge will be collected for each vehicle.

REGISTRATION INSTRUCTIONS FOR THE 2009 WPIAL CROSS COUNTRY CHAMPIONSHIPS

On-Line Registration for XC Events

This year's XC event will be timed by Runner's High using the ChampionChip timing technology.

Registration for the event will be accepted only ON-LINE via the www.runhigh.com website. The format is the same as it was last year, and it worked well.

The rosters from last year have been updated to eliminate last year's seniors and move all the other runners up one year (1 to 2, 2 to 3, and 3 to 4, etc). All you have to do is log in and add your new runners and delete any who may not be running this year.

As in the past, once you have registered your team into the database, you can quickly register for any event on the "Upcoming Events" list.

The full explanation for this registration process is on the [runhigh.com](http://www.runhigh.com) website. (Main Menu / Cross Country Information).

REMEMBER~A maximum of 8 runners may be entered...only if you have a team. If you do not have a team, only one male & one female may be entered. No one below ninth grade can be entered.

YOUR ENTRIES MUST BE RECEIVED BY 6:00 P.M. ON SATURDAY, OCTOBER 17, 2009. NO EXCEPTIONS!

CC: WPIAL Track Steering Committee
Paul Lueken, A.D., SRU
Mark Courtney, Runner's High
John Papa, XC Coach
Fred Brezel, Coopers Lake Campground