**2016 PIAA District IX Cross Country Championships**

**Meet Information**

**TO:** Principals, Athletic Directors and Coaches

**FROM:** Aaron Straub, District 9 Cross Country Chairman

**DATE:** Friday, October 14, 2016

**RE:** 2016 District 9 Cross Country Championships

**CC:** District 9 Committee Members

**Date of Meet:** Saturday, October 29, 2016

**Location:** The 2016 PIAA District 9 Cross Country Championships are being held at Grandinetti Elementary School in Ridgway, PA.

**Registration help:** Please follow this link if you need help registering your school and runners:

<http://pa.milesplit.com/pages/Online_Meet_Reg_Instructions>

**Entry Deadline:** **3 P.M. on Saturday, October 22, 2016.** Athletes must be entered online on the <http://pa.milesplit.com/meets/254711> website by the principal or his/her designee. It is the responsibility of the school and coach to make certain their competitors are entered online prior to the deadline. They are not to be faxed, mailed in, or telephoned in. Questions should be addressed to Aaron Straub at 814-834-7800, ext. 207 (Work) or by email to strauba@eccss.org.

**Time Schedule:**
9:30 am - Pick-Up Packets in Cafeteria
9:30 am - \*Course Inspection
10:15 am - Deadline for Packet Pick-Up in Cafeteria
10:15 am - Coaches Meeting (in cafeteria)
11:00 am - “A” Girls Championship Race
11:45 am - “AA” Girls Championship Race
12:30 pm - “A” Boys Championship Race
1:15 pm - “AA” Boys Championship Race
2:00 pm - Team and Individual Awards in the Cafeteria

(\*NOTE: Teams will be given a map with their packets and teams may take their own tour of the course. A map is available on the D9 website in PDF format. A map is also available on the milesplit website <http://cache.milesplit.com/user_files/358860/crosscountry_coursemap_2014.pdf>

(\*NOTE: D-9 Coaches will once again sponsor a “Varsity Extra Race” immediately following the AA Boys race.)

**D-9 School Classifications:**

 **AAA** **(Male 382 and above; Female 358 and above)** –

***Male & Female*** - DuBois Area High School

 **AA** **(Male 191-381; Female 184-357)** –

***Male*** - [Bradford Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11413), [Clearfield Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11419), Karns City High School, [Punxsutawney Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11433), [Saint Marys Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11436).

***Female*** - [Bradford Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11413), [Clearfield Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11419), Karns City High School, [Punxsutawney Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11433), [Saint Marys Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11436).

 **A (Male 1-190; Female 1-183)**

***Male*** - [Allegheny Clarion Valley High School](http://www.piaa.org/schools/directory/details.aspx?ID=11411), [Brockway Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11414), Brookville Area High School, [Clarion Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11417), [Clarion Limestone High School](http://www.piaa.org/schools/directory/details.aspx?ID=11418), [Coudersport High School](http://www.piaa.org/schools/directory/details.aspx?ID=11420), [Cranberry Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11439), [Dubois Central Catholic High School](http://www.piaa.org/schools/directory/details.aspx?ID=12306), [Elk County Catholic High School](http://www.piaa.org/schools/directory/details.aspx?ID=12307), [Kane Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11424), [Keystone High School](http://www.piaa.org/schools/directory/details.aspx?ID=11426), Moniteau High School, [North Clarion High School](http://www.piaa.org/schools/directory/details.aspx?ID=11428), [Northern Potter High School](http://www.piaa.org/schools/directory/details.aspx?ID=11429), [Oswayo Valley High School](http://www.piaa.org/schools/directory/details.aspx?ID=11430), [Otto-Eldred High School](http://www.piaa.org/schools/directory/details.aspx?ID=11431), [Port Allegany High School](http://www.piaa.org/schools/directory/details.aspx?ID=11432), [Ridgway Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11435), [Smethport Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11437).

***Female*** - [Allegheny Clarion Valley High School](http://www.piaa.org/schools/directory/details.aspx?ID=11411), [Brockway Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11414), Brookville Area High School, [Clarion Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11417), [Clarion Limestone High School](http://www.piaa.org/schools/directory/details.aspx?ID=11418), [Coudersport High School](http://www.piaa.org/schools/directory/details.aspx?ID=11420), [Cranberry Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11439), [Dubois Central Catholic High School](http://www.piaa.org/schools/directory/details.aspx?ID=12306), [Elk County Catholic High School](http://www.piaa.org/schools/directory/details.aspx?ID=12307), [Kane Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11424), [Keystone High School](http://www.piaa.org/schools/directory/details.aspx?ID=11426), Moniteau High School, [North Clarion High School](http://www.piaa.org/schools/directory/details.aspx?ID=11428), [Northern Potter High School](http://www.piaa.org/schools/directory/details.aspx?ID=11429), [Oswayo Valley High School](http://www.piaa.org/schools/directory/details.aspx?ID=11430), [Otto-Eldred High School](http://www.piaa.org/schools/directory/details.aspx?ID=11431), [Port Allegany High School](http://www.piaa.org/schools/directory/details.aspx?ID=11432), [Ridgway Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11435), [Smethport Area High School](http://www.piaa.org/schools/directory/details.aspx?ID=11437).

**Fees:** Schools will be billed by Bob Tonkin, D9 Secretary-Treasurer after the meet.

**Admission:** - Ticket prices are Adults $6.00 and Students $3.00.

**Team Parking:** Signs will direct you where to park buses at the school. The parking areas behind the school will be reserved for vans and cars.

**Course:** The course is a challenging 5000 meter grass course. There are hills! Spikes of 1/4” or 3/8” are recommended. The course is the same as last year.

**Locker Rooms:** Separate male and female locker rooms and rest rooms are available approximately 50 yards from the start and finish lines. Athletes are responsible for their own clothing and personal items. Personal items should not be left in the locker rooms since the facilities will be open to the public. Additional rest rooms are located indoors by the school cafeteria. Spikes may be worn in the locker rooms.

**Coaches Info:** Team packets will be issued at the meet. Registered athletic trainers will be on site. The meet will be run under the direction of three registered PIAA officials.

**Team Info:** Coaches are not required to designate in advance which seven competitors will actually run in the race. However, only preregistered competitors can compete. Coaches can register their team online and decide at race time which seven are running. To be eligible, an athlete must be preregistered so that they are assigned a competitor number.

**Emergency Health Care:** Certified Athletic Trainers will be present to provide emergency healthcare to participating contestants and spectators. Schools are responsible for providing their competitors with water.

**Competitor Numbers:** Every competitor must have a number in order to run. The number is to be placed on the chest/torso area. Coaches will receive a packet containing a printout of the team roster which will include the competitor number of each athlete and starting box assignments. Please be sure that numbers are attached correctly.

**Timing:** We will be using the same FinishLynx timing system that has been used for many years. We are using two cameras, so we will have both a side still picture of each finisher at the finish line and a video clip of each finisher. A back-up manual system is also in place. There is no need for tearing off numbers at the end of the finish chute, so runners should be able to quickly exit the chute without delay. The timing area must be kept clear except for meet workers and meet management.

**Results:** Final results will be posted outside the cafeteria within twenty minutes after each race. All results will be posted Saturday evening on the <http://pa.milesplit.com/meets/254711> website and on the D9 Website as soon as possible.

**PIAA State Meet:** The following number of teams and individuals will qualify for the PIAA State Championships which will be held at the Parkview Cross Country Course, located in Hershey, PA on Saturday, November 5, 2016:

\* **AAA:** D-9 has one “AAA” team (DuBois Area). DuBois will qualify through District 10 for Boys and through District 6 for Girls.

\* **AA:** Top team plus next FIVE individual runners

\* **A:** Top TWO teams plus next TEN individual runners

PIAA State Meet information can be found on the PIAA website at <http://www.piaa.org/sports/crscountry/default.aspx>

**Awards:** District IX will award a Championship plaque to each first place team. Individual medals will be awarded to each State Meet qualifier. Additional medals can be ordered by contacting Aaron Straub at Elk County Catholic.

**Concessions:**The Ridgway CC Boosters will be offering an extensive refreshment concession in the school cafeteria, including food and beverages before, during, and immediately after the meet. The concession stand is located in the school cafeteria and is approximately 100 yards from the finish line.

**Meet T-Shirts:** Tee-shirts for the 2016 District 9 Cross Country Championships will be sold. To place an advance order, follow the information sent to each school’s Athletic Director directly from Barry Gold of the District IX Merchandising Committee.

**Team Practices On Meet Course:** If pre-approved by the meet site manager, schools may practice on the championship course after 3:30 PM during the week of the event (Monday through Thursday – no practice on Friday). Other dates may be requested but also require pre-approval from Ridgway HS. Please be advised that the first and last 120 meters of the course utilize the school’s soccer field. Therefore, the soccer field may have to be avoided if there is a game or practice taking place. Be further advised that Ridgway Area School District Policy prohibits the use of its facilities on Sundays. It is important that the course be in the best condition possible for the meet and the meet and site director reserve the right to prohibit practice on the site as warranted by weather and course conditions. Contact Ray Kelly, Ridgway H.S. 814-594-0369 (cell) if you are planning a practice session at Ridgway.

**Games Committee:** Aaron Straub; Eric Poague; Jack Hedlund; Bob Tonkin; Bob Wicker; Bill Vassallo.

**Meet Management:**

\* Meet Director: Aaron Straub, Elk Co. Catholic H.S. 814-834-7800 (ext 207)

\* Asst. Meet Director: Bob Wicker

\* Site Director: Ray Kelly, Ridgway H.S. 814-594-0369

\* Site Coordinator: Marlin Konen

\* Pre-registration: Bruce Kemp, Oswayo Valley S.D.

\* Meet day Timing and scoring: Bill Howard, Bob Wicker, Dave Osborne

\* PIAA Registered Starters: Jack Hedlund, Eric Poague, Jim Pierotti

\* Certified Athletic Trainers: Ashley Mulcahy & Shawna Meyer