



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
731 EAST 2ND STREET
CASPER, WYOMING 82601-2620**

STATE CROSS COUNTRY MEET

SATURDAY, OCTOBER 22ND, 2011

**Douglas Community Golf Course
64 Golf Course Road, Douglas Wyoming**

Meet Director: Steve Walker, Activities Director, Douglas High School
Work Phone: 358-4040; Cell Phone: 351-9375
Referee: Trevor Wilson, WHSAA Associate Commissioner

ENTRY DEADLINE: Monday October 17th, 2011. PLEASE BE ADVISED THAT THE ENTRY FORM IS LOCATED ON THE WHSAA WEB PAGE (www.whsaa.org). PLEASE CONTACT YOUR ATHLETIC DIRECTOR OR PRINCIPAL TO COMPLETE THE FORM.

Entries are to be sent to the WHSAA at their website. If you need directions for your entries please refer to the directions below. **ENTRIES MUST BE RECEIVED BY MONDAY OCTOBER 17th, 2011.** Please enter the appropriate grade level for each athlete.

ENTRY DIRECTIONS:

Go to www.whsaa.org, click on General Links on the left navigation bar, click on Forms, then click on the E1 - Cross Country form link.

Select your school from the drop down list.

- 1.Fill in your Boys Team Members and select their grade from the drop down list.
- 2.Fill in your Boys Team Alternate Members and select their grade from the drop down list.
- 3.Fill in your Girls Team Members and select their grade from the drop down list.
- 4.Fill in your Girls Team Alternate Members and select their grade from the drop down list.
- 5.Fill in the coach box.
- 6.Fill in the Principal or AD box.
- 7.Click Submit Entry form.
- 8.Then you can print off the confirmation page that should load after you clicked on Submit.

TEAM PICTURE: Please e-mail a color and identified team picture to Dena Christiansen at dchristiansen@ccsd1.k12.wy.us by noon Friday October 14th, 2011 for the program.

PARKING: All team parking will be located at the Douglas Community Golf Course. Upon arrival you will be instructed as to where to park your bus.

CHECK IN: Team packets may be picked up by the coaches between 4:30 – 6:00 p.m., Friday October 21st, 2011 at the course, or at the coaches meeting on Saturday morning at the course. Packets will include course maps, chute instructions, programs, contestant number and meet instructions. Please read all of the material carefully and pass the information along to all athletes.

DRESSING ROOMS: Dressing room facilities will not be provided at the course. Teams should dress at their motel. If you desire showering facilities after the race they will be available at Douglas High School. There will be portable restrooms at the course. The Club House and Restaurant will be closed to all athletes.

HOSPITALITY: There will be a hospitality room in the clubhouse restaurant for coaches, bus drivers, and officials.

COACHES MEETING: There will be a voluntary head coaches meeting at the Clubhouse on the Golf Course at 9:00 AM. A review of instructions for coaches and runners concerning the finish procedures will take place. The Wyoming Coaches Association Representative, Rex Hohnholt of Saratoga High School, will hold a brief coaches meeting to address any concerns you may have.

STARTING TIMES:

1. 3A Boys – 10:30 a.m.
2. 2A Boys – 11:00 a.m.
3. 4A Boys – 11:30 a.m.
4. 3A Girls – 12:00 p.m.
5. 2A Girls – 12:40 p.m.
6. 4A Girls – 1:20 p.m.

Awards Ceremony to follow the last race.

RULES: The rules and regulations governing the State High School Cross Country Championships are found in the National Federation Edition of Track and Field Rules.

COURSE MARKINGS: The course will be marked using flags, cones, and a painted white line.” It is your responsibility to see that each of your runners know the course.

REVIEW OF THE COURSE: There will be a white painted line directing runners to the flags and cones. You may review the course from 4:00 p.m. until 6:00

p.m. on Friday October 21st and Saturday until 10:00 a.m. Please instruct everyone to stay off the greens.

FROST DELAY: Contestants and spectators **WILL NOT** be allowed on the course if there is frost. The golf course officials will make that determination. If it interferes with the race schedule, an alternative schedule will take effect.

CONTESTANT NUMBERS: Numbers will be provided by the WHSAA and are to be worn on the back of the uniform.

STARTING LINE ASSIGNMENTS: Starting line assignments drawn by lot will be in your team packet.

COURSE: Each race will be 5,000 meters. The first mile times will be read. There will be a lead vehicle and marshals throughout the course as well as a trail cart with a certified trainer to assist any runner in distress.

Girls Overall Course Record:	Katie Moon / Evanston	18:37 (1998)
Boys Overall Course Record:	Matt Heller / Lander	16:17 (2003)

MEDICAL: There will be a trainer and ambulance on site to assist you in your medical needs.

FINISH AND TIMING SYSTEM: The races will be processed using the HyTek Meet Manager Program with hand held timing.

AWARDS: Awards will be presented shortly after the completion of the last race. Awards are provided by the WHSAA and will be presented by Trevor Wilson, Associate Commissioner and Steve Walker, Meet Director.

RESULTS: Results will be available at the Clubhouse at the completion of the awards ceremony. Results will be posted on the WHSAA web site.



*Douglas Community
Golf Course
5,000 meters
Course Map*