

Section 2AA Cross Country Meet

Thursday, October 26, 2017

Gale Woods Farm

(7201 County Road 110 W, Minnetrista, MN 55364)

Hosted by Mound Westonka High School

Meet Information:

Participating Teams:

Buffalo, Chanhassen, Chaska, Dassel-Cokato, Delano, Hutchinson, Mankato East, Mankato West, Marshall, Mound Westonka, New Prague, Orono, Shakopee, Waconia Willmar and Worthington.

Schedule:

**3:30 pm - Coaches Meeting
4:00 pm - Boys' Varsity 5000 meters
4:45 pm - Girls' Varsity 5000 meters
5:15 - 5:30 pm - Awards Ceremony**

Entries:

Coaches submit your team participants via the "Raceberry JaM" website. Section 2AA has been added to the schedule of Upcoming Events on the Cross Country page of raceberryjam.com, and enabled entries. Coaches should go to that page and look for the meet schedule, and click where it says "Click Here" to access the roster entry page. You will need a password to do your entries. If you don't have one yet, or have forgotten it, you should click on the same link either to enter your data (names, school, email) or to enter your email address and receive a reminder. PLEASE do this at least a day before your entry deadline.

Other:

- A trainer will be provided and located near the start/finish line.
- Attendants will be moving traffic through and instructing buses and fans where to park.
- Concessions will be available.
- Northwest Designs will be selling T-Shirts, their on-site customization will allow customers to print anywhere they would like.
- All teams are to make their camps on the east side of the entrance road (same side as the start/finish area). They can be on the hill overlooking the start/finish and outside the high mesh fence around the garden along the wood split rail fence. Use the porta potties rather than bathrooms in the buildings. Please inform all spectators that dogs are not allowed at Gale Woods. If dogs are seen, owners will be asked to return them to their vehicle.

Deadlines:

- October 23 Team Entry Information completed on "Raceberry JaM" Website
- October 26 Team Verification Form to be signed at the meet

If you have questions, please contact one of the following:

Jeff Peterson - Activities Director

612-685-2070

petersonj@westonka.k12.mn.us

Butch Humbert - MWHS Cross Country Coach

952-491-8219

humbertc@westonka.k12.mn.us



Section: 2AA

Class: AA

Select one:

Girls ☐

Boys ☐

School _____

Coach _____

Instructions: Please print the names and grades of the nine runners that will participate in the section meet. ***This form must be submitted by the date specified by the Section Meet Manager.***

TEAM MEMBERS		
FIRST NAME	LAST NAME	GRADE
1.		
2.		
3.		
4.		
5.		
6.		
7.		
ALTERNATES		
8.		
9.		

Cross Country Uniform Rule Emphasis

The Cross Country uniform rule is primary for the management/administration of the meet and has nothing to do with an athlete's performance. The rule aides the meet management by requiring school teams to dress in like uniforms (*consistent in appearance*) so that they are easily identifiable when on the course and in the finish area.

Rule Components:

1. Each competitor's uniform shall consist of a full-length uniform top and bottom or one-piece uniform issued by the school. The uniform must be the same color and design for all team members.
2. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name. The top cannot be knotted or have a knot-like protrusion.
3. The uniform bottom may vary in length and style. Loose-fitting, boxer-type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
4. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
5. Uniforms must be worn as intended by the manufacturer. The waistband of the competitor's shorts shall be worn above the hips and unrolled. There shall be no visible bare midriff while the athlete is in the standing position.
6. One manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of uniform—(top, bottom or one-piece uniform). The American flag, not exceeding 2 x 3 inches is also permitted. A commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom with approval from the school administrative team (superintendent, principal, activities director). The intent of this rule is that the patch has a special meaning to the entire team, not just one person.
7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or uniform bottom, extending below the knees, shall be unadorned (except for manufacturer's logo and/or single school name or insignia with no dimension more than 2 ¼ inches) and of a single, solid color, but not necessarily the same length. **Note that while the logo and color restrictions do not apply to visible garments worn under the uniform bottom that terminates above the knees, schools are encouraged (not required) to wear identical under garments.**
8. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color. Note that if more than one visible garment, which extends below the knees, is worn under the uniform top, all must be the same color.

Cross Country Uniform Rule Emphasis (cont'd)

NOTE INTERPRETATION: Undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are legal as long as the stitching is used for construction of the garment and not design.

9. No clothing, hats or headgear displaying products, slogans, or graphic illustrations that are inappropriate to MSHSL principles will be acceptable. Coaches are responsible for proper team attire and should encourage uniformity on team dress.
10. Each competitor is required to wear shoes. Shoes must be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track **spikes which are no longer than 1 inch**. The use of slippers or socks does not meet the requirements of the rule. **Note: socks and shoe strings are not part of the required uniform.**
11. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the meet.
12. There are no restrictions for jewelry or hair control devices. However, baseball hats, scarves, bandanas, do-rags, etc., shall not be worn during competition. Other prohibited items include GPS watches, face/body paint and/or stickers.
13. Arm warmers/lower leg warmers (i.e. skins) are legal and may be worn during a race unless the games committee determines otherwise. **Note:** Arm warmers/lower leg warmers are not an undergarment nor are they part of the required uniform so the logo and color requirements for uniforms/undergarments do not apply.
14. Medical Devices:

Insulin Pumps—with approval from MSHSL, an insulin pump may be. Athlete must present MSHSL letter of approval to meet referee.

Heart Monitor—with approval from MSHSL, a heart monitor may be worn. Athlete must present MSHSL letter of approval to meet referee.

Atomizer—only with physician's statement documenting need. Athlete must present MSHSL letter of approval to meet referee.
15. The head coach shall verify to meet officials either verbally or in writing that all of his/her competitors are in proper uniform.

In the event of inclement weather, meet management may modify the uniform rule to allow competitors to wear school-approved warm-up suits, hooded sweatshirts, pullovers, sweat pants, hats/caps, gloves, long stockings, leotards, etc. All competitors are expected to present a personal appearance that will reflect the highest credit upon the sport and their school.

The penalty for an illegal uniform: competitor(s) shall not be eligible for competition until their uniform is made legal.

Please Note: The clerk of course may exercise some preventive officiating by doing a uniform check prior to the race. Please note that the primary responsibility for adhering to the competition rules is that of the competitor and the competitor's coach. While preventative officiating is permissible and even encouraged when applicable, it is not the primary duty of the meet official and in no way minimizes the responsibility of the competitors and coaches to know and abide by the rules.



SECTION

CROSS COUNTRY RUNNING

UNIFORM VERIFICATION FORM



PLEASE PRINT

(CIRCLE) CLASS: A AA

Date _____

School Name _____

Name of Coach _____

GARMENT	COLOR	
	BOYS	GIRLS
Jersey		
Running Shorts		
Garment Worn Under Jersey		
Garment Worn Under Shorts		

1. This confirms that the runners competing in the State Cross Country Meet are in compliance with the National Federation (NF) and the Minnesota State High School League uniform and equipment rules.
2. We understand that all team members are expected to exhibit good sportsmanship throughout the competition.

Coach's Signature _____

Note: Please see the Meet Referee if you have any questions.

SPECIAL MENTION:

- WATCHES WITH GPS CAPABILITIES ARE ILLEGAL.