

October 18, 2021

To: Section 8AA Cross Country Coaches

From: Travis Hochhalter - – Alexandria Area High School Coach - (320) 762-7900
Ben Kvidt –Activities Director - (320) 762-2142 x 4302

Re: Section 8AA Cross Country Championships

October 28, 2021

Arrowwood Resort and Convention Center ---- Alexandria, MN

Meet Information:

Thursday, October 28, 2021

Arrowwood Resort and Convention Center - 2100 Arrowwood Lane NW
Alexandria, MN 56308

Bus parking: will be available near the water park.

Schedule: 2:00 Teams may arrive no one allowed on course earlier

2:30 Coaches Meeting

3:30 Girls 5000 meter race

4:15 Boys 5000 meter race

Awards to follow on the Arrowwood lawn near the finish line.

Coaches and Athletes Please Note:

Timing: Pickle Events will be doing the timing for the section meet. They will be using a chip timing system. Please submit entries to them.

Participating Schools and Lane assignments- Random Draw

1. Albany
2. Willmar
3. East Grand Forks
4. Little Falls
5. Fergus Falls
6. Thief River Falls
7. Detroit Lakes
8. Pequot Lakes
9. Alexandria
10. Melrose
11. Rocori
12. New London-Spicer

Game committee – Albany, Alexandria, Detroit Lakes (alphabetical)

Awards—Advancement to State

Team: The first and second place teams

Individuals: The first 6 individual finishers who are not members of the 1st and 2nd place teams.

Section Awards: Trophies to 1st and 2nd place teams and individuals 1st - 6th place

Rules and Policies:

8AA Cross Country (Boys'/Girls')

Liaison: Ben Kvidt, Alexandria AD

e-mail: bkvidt@alexschools.org

8AA Cross Country (Boys / Girls) (12 Teams): Albany(5A), Alexandria(8AA), Detroit Lakes(8AA), East Grand Forks(8A), Fergus Falls(6A), Little Falls(8AA), Melrose(5A), New London Spicer(5A), Pequot Lakes(6A), Rocori(8AA), Thief River Falls(8A), Willmar(8AA)

Host site of meet will be for two years. Alexandria is the site for 21-22, 22-23.

Meet Preparation:

*Date: Thursday - 3:30 p.m. and 4:15 p.m. the week before the State Meet.
(10/28/21) The varsity only

*Championship will have the girls first on odd numbered years (2019-2021) and boys race first on even numbered years (2020-2022). If forced postponement because of weather, the meet will be held the following day at the same site with the same format.

*Meet Manager should send all the necessary information to the participating schools 10 days before the meet.

*Entries: Maximum of 9 per school - 1 coach.

*Teams will not be allowed on the site more than 1.5 hours prior to the starting time.

*Teams will not be allowed to practice on the course prior to the meet, unless part of a regularly scheduled meet during the regular season.

***Chip timing will be used for all runners at the Section Meet.**

*A rules committee shall be provided to decide all protests and rule interpretations. It shall consist of the host school, the previous school and the following school host.

Course:

***Golf Courses at host site must be cleared by 1:00 pm on the afternoon of the meet so that warm-up runners are not in danger.**

*The course should be measured with a calibrated wheel rather than a motor vehicle to insure accuracy. Boys - 5,000 meters; Girls - 5,000 meters. Host school will provide a worker to read

*1600 and 3200 meter splits during both the boys and girls races.

*Mark the course adequately with red, yellow, and blue flags (6" - 8" minimum). Provide marked lines at questionable turns, flags and ropes at finish areas and areas where coaches and spectators gather and competent workers at questionable turns. All workers should wear common clothing or armbands.

*A video camera will be set up at the finish line to verify each runner's finish.

*Provide a lead vehicle to assure runners of the course and to aid in clearing a path through spectators or a white line over the entire course. Be sure the lead vehicle knows the course route.

State Qualifiers: Use the MSHSL Handbook of Rules and Policies.

AWARDS: (MSHSL Policy)