

2009 PIAA District IX Cross Country Championships Meet Information

- To:** Principals, Athletic Directors and Coaches
- Date of Meet:** Saturday, October 31, 2009
- Entry Deadline:** **3 P.M. on Wednesday, October 27, 2009.** Athletes must be entered online at the www.directathletics.com website by the principal or his/her designee. It is the school's and coaches' responsibility 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 Jeff Kepler at 814-837-6821 x4201 (Work) or by email to jkepler@kasd.net . *Site opens October 7, 2009,*
- Entry Fees:** An entry fee of \$7.50 per runner will be assessed up to a team maximum of \$75.00 for the AA and AAA races. The extras race will be \$5.00 per entry. Example: Sample SD enters seven runners in the girls' championship and five girls in the extras race. (7 + 5 = 12 runners = 7 X \$7.50 + 5 X \$5.00 ea. = \$77.50. School would only pay the maximum of \$75.00 for the regular race.) NOTE: Separate fees assessed for boys and girls teams. Additionally, schools must pay for all athletes entered online up to the maximum amount. Bob Tonkin, D9 Secretary-Treasurer **will bill** each school district for entered competitors following the meet.
- Location:** Francis S. Grandinetti Elementary School (Formerly Ridgway Elementary School), Ridgway, PA. Grandinetti Elementary is located on Route 219 one mile south of the Borough of Ridgway. Coming from the south on Route 219, the school is located on Boot Jack Mountain just prior to the truck by-pass down the mountain.
- 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. Please be advised that the parking area at the MetalDyne factory adjacent to the school may also be used.
- Course:** The course is a challenging 5000 meter course. The first and last miles will be on a grassy surface clearly visible to coaches and spectators. The middle mile will be on grass and groomed trails through woods and fields. There are hills! Spikes of 1/4" or 3/8" are recommended. The course is the same as last year. Practice or tours of the course may be scheduled after 3:30 P.M. on Monday, Tuesday, Wednesday or Thursday, October 26-29, 2009 if arranged through **Sandi Hanes** of Ridgway Area School District.

Time Schedule:

Registration Begins / Pick-Up Packets (in Finish Tent)	9:30
**Course Inspection.....	9:30
Registration Ends	10:15
Coaches Meeting (in cafeteria)	10:30
“AA” Girls Championship Race	11:00
“AAA” Girls Championship Race	11:45
“AA” Boys Championship Race	12:30
“AAA” Boys Championship Race	1:15
Varsity Extra Race – Boys & Girls – “AAA” & “AA” (run together)	2:00
Awards	2:45

**** (Same order of races as at states)**

* NOTE: Teams will be given a map with their packets and may take tour the course on their own. (A map is available on the D9 website in PDF format.)

Locker Rooms: Separate male and female locker rooms and rest rooms are available approximately 50yards from the start and finish lines. Athletes are responsible for their own clothing and personal items. It is suggested that personal items are not 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 two registered PIAA officials.

Team Info: Coaches are not required to designate their championship team members in advance. Only seven runners may be entered in the championship races. All competitors must be listed on the team roster in order to receive a number to compete.

Emergency Health Care: PIAA D9 contracted Athletic Trainers and a school nurse from Ridgway will be present to provide emergency healthcare to participating contestants. PIAA-assigned certified trainers reserve the right to charge a school for any training supplies that were supplied by the athletic trainers or that were used by the school. Schools are responsible for providing their qualifiers with water!

Competitor Numbers: Every competitor must have a chest number in order to run. The number is to be placed on the chest/torso area and must be visible. 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. We will be using the Hi-Tek Electronic Timing and Finish LynxSystems with appropriate manual back-up

systems. We will be using a dual camera system eliminating the number tear-offs at the finish shoot.

Results: Final results will be posted outside the cafeteria within 45 minutes of each race. All results will be posted Saturday evening on the www.directathletics.com website and on the D9 Website as soon as possible.

PIAA State Meet: The following number of teams and individuals will qualify for the State Championships which will be held at the Parkview Cross Country Course, located in Hershey, PA on Saturday, November 7, 2009:

AAA: First place team plus next FIVE individual runners

AA: Top TWO teams plus next TEN individual runners

PIAA State Meet information will be included in each school's team packet.

Awards: District IX will award a Team Championship plaque to each first place team. Individual plaques will be awarded to each State Meet qualifier. Additional plaques can be ordered by contacting Aaron Straub at Elk County Catholic (814-834-7800). Awards will be presented in the cafeteria at approximately 2:45 P.M.

Concessions: Food and drink concessions will be available at the meet. The concession stand is located in the school cafeteria and is approximately 100 yards from the finish line. The District has asked that student athletes **not wear their spikes in the school building** and cafeteria area. Spikes may be worn in locker areas.

Team Meals: The Ridgway CC Boosters will be offering an extensive refreshment concession in the school cafeteria. But, some schools have inquired as to where they can stop on their way home from the meet. Several restaurants are available in Ridgway for teams wanting to stop on their way home from the meet. Schools are responsible for making their own arrangements. The phone numbers for the local restaurants are listed below:

Aiello's Restaurant 814-772-6767

The Royal Inn 814-773-3153

South Street Bagel 814-772-2710

Two Scoops 814-772-0031

Royal Drive Inn 814-772-2044

Lumberjacks 814-772-9544

T-Shirts: Tee-shirts for 2009 District 9 Cross Country Championships are going to be sold. To place an advance order, you will follow the information sent to each school district's athletic director directly from Jerry Linsenbigler, merchandizing chairman for District IX.

Team Practices

On Meet Course: Schools may arrange with the Sandi Hanes of Ridgway to practice on the championship course after 3:30 PM on October 26, 27, 28 and 29. It may be possible for other dates to be available but only with prior permission from the site manager and school officials. 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.

Meet

Management: Meet Director – Jeff Kepler Kane Area High School 814-837-6821 x4201
Asst. Meet Director - Aaron Straub Elk Co. Catholic H.S. 814-834-7800
Site Manager- Sandi Hanes Ridgway Area S.D. 814-773-3164
Timing and pre-registration-Gary Elder Oswayo Valley S.D. 814-697-6132
Starter-Jack Hedlund PIAA
Starter-Eric Poque PIAA
Trainer-Shawna Meyers
Trainer-Chrissie Shuey
Nurse-Luann Dybowski