

**Section 1AAA  
Cross Country Championships  
2023**

Brooktree Golf Course, Owatonna, MN  
Thursday, October 26, 2023

1:55	Course opens for inspection
2:25	Coaches meeting by finish chute
2:55	Varsity Girls—5,000 Meters (Max of 7 Entries)
3:35	Varsity Boys—5,000 Meters (Max of 7 Entries)
4:10	Junior Varsity Girls—5,000 Meters (Unlimited Entries)
4:45	Junior Varsity Boys—5,000 Meters (Unlimited Entries)
5:15-5:45	Team and Individual Awards (Medals for individuals 1-10 plus qualifiers) Boys' State Qualifiers ( <b>the first 6 individual finishers not on the 1<sup>st</sup> or 2<sup>nd</sup> place team</b> ) Boys' 2 <sup>nd</sup> Place and Championship Teams Girls' State Qualifiers ( <b>the first 6 individual finishers not on the 1<sup>st</sup> or 2<sup>nd</sup> place team</b> ) Girls' 2 <sup>nd</sup> Place and Championship Teams

Only the runners who are eligible to participate under the MSHSL rules may run in the varsity races. Rosters must be entered on the website <http://www.athletic.net> according to the directions in the email with this letter. Please make sure to adjust your roster for runners that will actually be running (we get charged for each bib and chip assigned even if they don't run)

**You must fill out the attached team entry form and bring it to the meet with you. This is your official card for the section and state meets and you can run any seven of the nine runners on this form. You cannot substitute for anyone on the nine person roster unless there is a medical excuse. This sheet must be brought to the registration table before your team can compete.**

**Print out your team entry form from the attachment and bring it with you to the check in area when you arrive at the meet.**

Your school will be notified by telephone prior to 11:00 A.M. on the day of the race if the meet has to be postponed due to inclement weather. The alternative meet day is the Friday of the same week.

Coaches, please inform all of your team members that they are to **stay off residential property** adjoining the course. Also, they must not walk, jog, or run on any of the putting surfaces or sand traps. Please have a talk with all of your runners about proper conduct and leaving the golf course better than when they arrived.

Two golf carts will again be used for each race. One will go ahead of the runners, and one will stay behind the last runner and assist any injured participants. The course will be clearly marked. Runners who gain an unfair advantage over other competitors by deviating from the race lanes or physical contact will be disqualified. **The course will be marked with a double line at least five feet wide. Runners must stay within the marked path.** Course guards are positioned at critical areas and are instructed to report the numbers of any runners who "cut."

Teams with identical scores will have the tie broken by looking at the finish of the 6<sup>th</sup> runner for each team. If a team does not have a 6<sup>th</sup> runner, they automatically receive a lower meet finish position to the team with a 6<sup>th</sup> runner.

Contestant numbers: Assigned numbers must be worn on the front of the contestant's jersey. The number must be securely pinned on the outside of the contestant's shirt at chest level on the front, right side up. We will supply safety pins. The chip is in the bib so make sure they are distributed properly.

Finish Chute: The finish area will be different because of the chip timing. We will still have workers in the area to help runners move out of the corral and we will have a trainer there if needed. We will be backing up the chip timing with another timing system as well as the finish lynx system. **Remind your runners to completely cross the mats in the finish area before they slow down.** All other runners and spectators must stay out of the chute and roped in scoring area.

Team camps should be set up in the areas east or west of the fairway but not outside the blacktop cart path. **Make sure that your camp is back far enough from the fairway so it does not interfere with the start of the race. The starting line and finish areas must be kept clear of non-competing runners and spectators.** Tents are allowed only if the stakes have shallow penetration and leave no unsightly marks. **Please remember to leave your camp area free of litter before you leave.**

**As the coach of your team you are responsible to check your runners uniform. Please discuss this before getting to the starting line. Meet officials will be checking uniforms and contestant numbers at the starting line. Please have your varsity athletes report to the starting line 15 minutes before the start of their race. You will fill out a uniform verification sheet before you come or when you arrive at the meet which states what colors you will be wearing that day.**

**Attachments: Uniform Rule and Uniform Verification Form: Check [MSHSL website](#) for details and **print the attached Uniform Verification Form and turn it in at the check in area.****

Lane Assignments: Randomly chosen by the meet officials.

Boys & Girls will have the same lane number:

1. Farmington
2. Lakeville South
3. Rochester Century
4. Rochester Mayo
5. Lakeville North
6. New Prague
7. Owatonna
8. Rochester John MARshall

A certified athletic trainer will be available for all races. He/she will be stationed near the finish line.

Call Marc Achterkirch (444 - 8988) or Dave Chatelaine at (507-213-3181) if you have any questions about the meet. Marc and I can tell you what you need to know.

Meet Manager,  
Dave Chatelaine  
Phone: 507-213-3181  
Fax: 507-444-8991