

District 10 Cross Country Championship Meet

Information Packet

2020

TO: All District 10 Principals, Athletic Directors, and Cross Country Head Coaches

FROM: Barb and Bill Dzuricsko, District 10 Cross Country Meet Directors

RE: 2020 District 10 Cross Country Meet information

DATE: October 9, 2020

AAA Subregional Meet: Girls: District 8, 9, and 10 (McDowell and Erie)
Boys: District 8 and 10 (McDowell and Erie)
Meet details coming soon!

A and AA Championship Meets

Date: Saturday, October 31, 2020

Start time:

8:30am	"A" arrival to complex
10:00am	Girls "A" race
11:10am	Boys "A" race
12:00pm	All "A" teams/busses/vans begin leaving facility
12:20pm	All "A" teams should have exited the facility
12:30pm	"AA" arrival to complex
2:00pm	Girls "AA" race
3:10pm	Boys "AA" race
4:00pm	All "AA" teams/busses/vans begin leaving facility



Location: Ed Myer's Complex, 450 Allen Street, Titusville, PA 16354

PIAA/District 10: Peter Iacino, Chairman

Meet Directors: Barb Dzuricsko barbara.dzuricsko@gmail.com

Bill Dzuricsko william.d.dzuricsko@gmail.com

GAMES COMMITTEE/JURY OF APPEALS

Meet Directors: Barbara (meet setup/results) and William Dzuricsko (course setup)

Facility representative: Joe Covell, Titusville High School

Rules Interpreters: Mark Chludzinski, Gem City Chapter

Bill Dzuricsko, Lawrence/Mercer County Chapter

PIAA Officials: Mark Chludzinski, Barb Dzuricsko, Bill Dzuricsko, Duane Northrop

GENERAL PIAA/DISTRICT 10 RULES:

*The State Board of Directors of the P.I.A.A. shall govern state meets. District 10 Meets are held under the jurisdiction of the District 10 Committee. P.I.A.A. eligibility rules shall apply to all contestants. No contestants will be registered unless identified by the Principal of the school or his/her representative.

*National Federation Cross Country rules shall govern all P.I.A.A. meets except where the Board of Directors modifies these rules. These modifications, if any, are listed in the P.I.A.A. Rules and Regulations.

BAD WEATHER OPTIONS:

The decision to change the day of the championship meet or the course layout will be made by District 10 Officials and Games Committee members.

With PIAA and District 10 approval, if necessary due to extremely bad weather, the meet COULD be moved to Sunday, November 1st.

CERTIFIED ATHLETIC TRAINERS:

Titusville Area Hospital Physical Therapy staff will be providing Certified Athletic Training services on site for emergency health care. There will also be an ambulance on site during the contest along with EMT personnel. **Due to pandemic precautions, we encourage you to bring your school's ATC to work with your athletes if they are available to travel with you.**

- Bring supplies: tape, pre-wrap, ace bandages, etc.
- Make sure athletes bring inhalers, etc. and documentation to use those items.

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PRE-MEET INFORMATION:

Monday, October 19th by 3:00pm. **Deadline** to submit championship t-shirt preorders to Matt Vannoy. See packet attachment for order form, prices, and shirt design details. *** **PLEASE PREORDER**...no guarantee that shirts will be sold on race day. \$20.00 for long sleeved, \$15.00 for short sleeved. Send the form via email to Matt Vannoy at matt_vannoy@sharonsd.org and bring payment to the meet or send form and check payable to PIAA District 10 to Sharon Middle/High School, Attn: Matt Vannoy, 1129 East State Street, Sharon, PA 16146.

Wednesday, October 28th by 8:00pM. **Deadline** to enter athletes at RunHigh.com. See page four (4) for details. Once all contestants and teams are registered, alley assignments will be drawn randomly by the director and a witness. Alley assignments will be available in the meet day coaches' packet.

Friday, October 30th. The course will be available for inspection after 1:00pm until 5:30pm on Friday. We will be present on Friday to oversee the facility and to answer any questions. Please stay off the white lines during practices on Friday. *Saturday walk thru of the course is not permitted. We will work hard to protect the integrity of the course on race day.* **Every effort to view and walk/run the course should be done before October 31st so that your athletes are comfortable with the course layout.**

MEET DAY INFORMATION:

Saturday, October 31st. Park will open at 8:30am for "A" teams and 12:30pm for "AA" teams. Team packets (alley assignments, course maps, general starter info, timing bibs/pins/team rosters) will be available at the picnic shelter adjacent to the sand volleyball courts near the finish line. NO pre-meet coaches meeting...all information will be inside your packet.

District 10 t-shirts can be picked up at the picnic shelter where the team packets are.

Concession Stand will be available. More details to come.

REGISTRATION DEADLINE IS Wednesday, OCTOBER 28, 2020 by 8:00pm

REGION TEAM REPRESENTATIVES: REGISTER (7), RUN (7, 6, or 5), An all-inclusive listing of both boys and girls in any order is acceptable.

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ALL OTHER TEAMS CAN ENTER UP TO 3 ATHLETES PER GENDER PER CLASSIFICATION.

A change in runner registration can occur the morning of the race. Injury/illness only.



**ROAD RACE TIMING
AND
COMPUTER SERVICES**
Grove City, PA

The "Sole" of Western Pennsylvania Distance Running

S. Mark Courtney, 83 Cranberry Road, Grove City, PA 16127-4625

Phone: (724) 866 - 1374E-Mail: smc@runhigh.com

ON-LINE CROSS COUNTRY REGISTRATION INSTRUCTIONS

This year's XC event will be timed by Runner's High.

Registration will be accepted ONLY on-line via the runhigh.com website.

Go to: Main Menu and click on CROSS COUNTRY INFORMATION.

*If you don't have a team in the system, then use Option #1 for info on how to do it.

*If you already have a team in the system, then use the second option to Add, Edit or Delete names from your team.

*If you are a new coach and you don't know the log-in info from the previous coach, then contact Mark Courtney.

*If any of your runners will NOT be participating in this event, then don't include them in the participant list that you are linking to the meet. The meet will be charged for all entrants that are registered from your uploaded database.

*If you need to make changes after you submit your team (and before the deadline), log into your account, make the changes and resubmit it to the meet. This will overwrite your previous submission.

*Race results will be available on race day on the Runner's High website, runhigh.com

MEET DAY INFORMATION:

Bus/Van team parking: Parking lot is adjacent to the track/soccer field area and the Drake Well BMX course. See attached map of area.

**Bus/Van route to complex:* Stay on Route 8 north, go across the bridge, pass the McDonald's and turn right onto Water Street at BSI Financial Services. Take Water Street past Titusville Middle School. Turn right onto South Brown Street. Cross the river and turn left onto Bank Street. Go two blocks and turn right onto Allen Street. Then turn left on Pearson Drive into the complex.

No tents permitted this year: Busses or vans should be used as shelter and gear storage for the athletes on each team. Coaches are responsible for the behavior of their athletes before, during, and after all the races.

If there is an intense storm, please take all athletes and coaches to your bus/van immediately. In the case of a thirty (30) minute delay caused by lightning and/or thunder, coaches and athletes should remain in their busses until the officials make the decision to resume warmups and the competition. Coaches will be responsible for the behavior of the students if this situation arises.

As soon as the races are completed and your team/athletes get their results, please board your busses/vans and exit the facility. We have two time frames created to accommodate the A and AA schools.

The **cross country course** is 5000 meters (3.1 miles) in length. The course is almost entirely grass with a few blacktop surfaces being crossed by contestants while running the race. The course will be clearly marked with white lines and flags (RED flag indicates a turn to the left, YELLOW flag indicates a turn to the right, BLUE flag means stay straight). Splits will be visible on a digital clock adjacent to the timing mats laid across the course at the one mile and two mile marks. All runners are required to run the prescribed course.

START LINE / FINISH LINE PROCEDURES:

Only PIAA and District 10 Officials, Coaches, Timers, Meet, and Athletic Training Staff will be permitted in the start and finish line areas. **ALL ABOVE-MENTIONED PERSONNEL MUST WEAR MASKS AT ALL TIMES IN THESE TWO AREAS AND ANYWHERE ELSE ON THE COURSE THAT YOU CANNOT EXERCISE SIX FEET OF DISTANCE BETWEEN PEOPLE.** *Those who do not comply with this government standard will be asked to leave the areas.*

The timing bib with embedded chip is the official means of scoring. This bib shall be worn on the front of the jersey on the torso. Coaches, remind your athletes to not interfere with the signal between the chip on the bib and the timing mat by bringing their arm up to stop their watch while traveling over the timing mats. This movement can block or lessen the strength of the signal that the timing system picks up from the bib.

Competitors must report to the starting line fifteen (15) minutes before the starting time.

Lane positions and uniforms will be checked ten (10) minutes before the starting time.

At the finish line, open chute for runners and officials. ***This year...one coach or ATC per school will be permitted in the chute area to help take care of their individual athletes. No water will be distributed by the finish line staff...please bring individual water bottles for your own athletes. After the athlete has crossed the finish line, please as soon as possible, escort him or her from the finish line area to avoid congestion.***

Runners are instructed to run through the Finish Area and over both timing mats. Officials will exercise maximum effort to get runners away from the Finish Area; it is the responsibility of the contestants to move quickly through to the back and exit the Finish Area.

Video of the top 50 finishers will be taken in each race to use in the event of chip system error. An Ipad with the Hudl technique program will be able to provide frame by frame pictures and slow-motion views of the finishers as they cross the finish line.

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MEDAL AND TROPHY INFORMATION

No trophies or medals will be distributed on race day.

Team Trophies and individual medals will be given to the school's athletic directors at another time for him/her to distribute to the coaches and athletes.



Awards for AA/A races...Top 5 finishers in each classification will receive D10 championship medals. State qualifiers will receive State qualifier medals. Championship and runner-up team members will receive medals. Champion team in AA/A classifications will receive trophies.



PIAA State Cross Country Championship Meet Date:

Saturday, November 7, 2020

PIAA STATE MEET ADVANCEMENT PROCEDURES:

*Teams qualifying for the State Championships may register (8) but only (7) may run.

*Please verify your team entries for the State Championships with RunHigh prior to leaving. Please complete the team list sheet in your coaches' packet and give to Meet Director or RunHigh timing personnel before you leave the meet on Saturday.

***State Meet Qualifying Standards:**

District 10 A Girls:	1 Team, 6 individuals
District 10 A Boys:	1 Team, 6 individuals
District 10 AA Girls:	1 Team, 6 individuals
District 10 AA Boys:	1 Team, 6 individuals

Any coach desiring information on the State Championship meet can go on-line at http://www.piaa.org/sports/championship_details.aspx?sport=crscountry

ENROLLMENT CLASSIFICATIONS FOR DISTRICT 10 CROSS COUNTRY CHAMPIONSHIPS 2019-2020

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DISTRICT 10 TEAMS – “A” CLASSIFICATION

Schools are listed by size in each region below.

BOYS A (1-187)

Region 1	Region 2	Region 3	Region 4	Region 5	Region 6	Region 7
Lakeview	Sharpsville	Cambridge Springs	Union City	Iroquois	Eisenhower	
Mercer	Greenville	Cochranton		Northwestern	Youngsville	
Jamestown	Wilmington	Maplewood			Rocky Grove	
West Middlesex		Saegertown				
Kennedy Catholic						
Reynolds						
Commodore Perry						

GIRLS A (1-177)

Region 1	Region 2	Region 3	Region 4	Region 5	Region 6	Region 7
Lakeview	Sharpsville	Cambridge Springs	Seneca	Iroquois	Youngsville	
Mercer	Greenville	Cochranton	Union City	Northwestern	Eisenhower	
Jamestown	Wilmington	Maplewood	North East		Rocky Grove	
West Middlesex		Saegertown				
Kennedy Catholic						
Reynolds						
Commodore Perry						

ENROLLMENT CLASSIFICATIONS FOR DISTRICT 10 CROSS COUNTRY CHAMPIONSHIPS 2020-2021

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DISTRICT 10 TEAMS – “AA” CLASSIFICATION

Schools are listed by size in each region below.

BOYS AA (188-378)

Region 1	Region 2	Region 3	Region 4	Region 5	Region 6	Region 7
	Hickory	Conneaut	North East	Fairview	Titusville	Fort LeBoeuf
	Sharon	Meadville	Seneca	Girard	Franklin	Cathedral Prep
	Grove City		Corry	General McLane	Oil City	Mercyhurst Prep
	Slippery Rock		Harbor Creek		Warren	

GIRLS AA (178-357)

Region 1	Region 2	Region 3	Region 4	Region 5	Region 6	Region 7
	Hickory	Meadville	Corry	Fairview	Warren	Mercyhurst Prep
	Sharon	Conneaut	Harbor Creek	General McLane	Titusville	Villa Maria
	Grove City			Girard	Franklin	Fort LeBoeuf
	Slippery Rock				Oil City	

PIAA DISTRICT TEN TOURNAMENT POLICY STATEMENT



(THIS STATEMENT IS IN EFFECT FOR ALL MEMBER SCHOOLS
WITH REGARD TO CONDITIONS OF ENTRY
INTO ALL PIAA CHAMPIONSHIP EVENTS)

PIAA District Ten Member Schools are not required to enter a team into PIAA DISTRICT TEN CHAMPIONSHIP TOURNAMENTS. Entry and participation by member schools in those tournaments sponsored by District 10 is totally voluntary if they qualify. Entry of a team by any member school into a tournament signifies that the member school **accepts** the conditions and provisions that are inherent with tournament rules, regulations, and guidelines.

Further, a member school **accepts** the fact that the DISTRICT TEN CHAIRMAN, EXECUTIVE COMMITTEE, TOURNAMENT DIRECTOR, AND, OR, THE DISTRICT TEN COMMITTEE reserve the right to make changes in the management, schedules, sites, date, times, and the operations of Championships when, in their judgment, it becomes necessary.



DISTRICT 10 CROSS COUNTRY PREORDER FORM...DUE OCTOBER 19, 2020

Item	small	medium	large	xl	xxl
SHORT SLEEVED T-SHIRT-how many per size					

	PRICE	TIMES	# OF SHIRTS	EQUALS	TOTAL COST
Total of short sleeved order:	\$15.00	X	_____	=	\$ _____

Item	small	medium	large	xl	xxl
LONG SLEEVED T-SHIRT-how many per size					

	PRICE	TIMES	# OF SHIRTS	EQUALS	TOTAL COST
Total of long sleeved order:	\$20.00	X	_____	=	\$ _____

TOTAL COST OF SHORT AND LONG SLEEVED ORDER

Check payable to: PIAA District 10

\$ _____

Please send the form to Matt Vannoy by October 19, 2020

Via email order (bring check to meet) matt_vannoy@sharonsd.org

or send form and check to Matt Vannoy

at Sharon Middle/High School, 1129 East State Street, Sharon, PA 16146



SCHOOL NAME	
NAME PICKING UP THIS ORDER	

**Bring check to the District 10 T-shirt table at the picnic shelter when you pick up your preorder!*