

2016 WV Cross Country State Championship

Coaches Information

We would like to welcome your team to Cabell Midland High School for the 2016 State Meet. We want all teams to have a great experience at the State Meet and we will do everything possible to achieve this goal. If you have any questions, the meet directors are Steve Caldwell and Chris Parsons.

Tent City is located between the baseball and softball fields. Please be aware that tents **are not** permitted inside the football stadium or near the shot put/discus areas on the practice field.

The course is open for inspection and warm-up at all times unless a race is in progress. The course is closed for any warm-ups while a race is in progress. All coaches are responsible for your athletes to make sure they comply with this rule.

The AA-A coaches meeting will be held at 9:00am at the hospitality room located at the track. The AAA coaches meeting will be held at 12:15pm at the hospitality room. Please return the sportsmanship form found in your packet and any **extra shoe chips** at this time.

The price of admission, as set by the WVSSAC, is \$8.00 for adults and \$7.00 for students. We will be collecting admissions at the cars as they arrive. Please inform your parents of this. Athletes who are members of qualified teams will have their admission paid courtesy of Cabell Midland. Only individual runners will be in free and their non-qualifying team members must pay \$7.00. All buses use the far east entrance and marked bus entrance.

Packet pick-up will be at the Red track building alongside the track. Make sure to check that each of your competing athletes has a race number & 2 chips, which will be placed on each shoe. If you have an athlete who needs a number or chip, see Robert StClair at the Red track building alongside the track. If you have a number in your packet for an athlete who is not running, just ignore it because they will not be counted. Extra chips must be turned in at coaches meeting or a \$25 per chip fee will be billed to your school.

PLEASE READ THE CHIP TIMING SHEET PROVIDED IN YOUR PACKET AND MAKE SURE YOUR RUNNERS PUT THE TAGS ON CORRECTLY AND THE CHIP NUMBER MATCHES YOUR BIB NUMBER (There are TWO chips. Place one on each shoe). Coaches bring your extra chips provided in your packets for any alternates and turn them in at the coaches meeting. **Lost Chips will cost \$25 per chip**, so please make sure all chips get turned into the state meet staff.

Results can be seen inside the stadium posted beside the rest rooms and also posted later on runwv.

Each race will start promptly at the time listed on the meet schedule. Make sure your athletes arrive at the starting line 10-15 minutes early to make sure they do not miss check-in or the start of their race.

The use of wireless communications between coaches during races is **STRICTLY** prohibited. Also, runners may NOT wear **Garmin's** or any other **GPS** watch during the race.

Coaches and spectators **MAY NOT** go up the hill using the entrance that the athletes use. There are two spectator paths that will allow you to get up to the upper part of the course to watch the races. One is behind the barn on the band field; the other is behind the press box inside the football stadium that is equipped with stairs to help make getting there easier. Please don't attempt to use the path the athletes use so no interference occurs with competing runners.

The awards ceremonies will be held in the main gym at the times listed in the meet schedule. **We strongly encourage that all teams, whether you will receive an award or not, attend the awards ceremony.** With the way we are doing the awards ceremonies; it will serve as a great motivator for your team going into next year. If you have a runner who finishes in the top 10, make sure they report to the end of the gym 10 minutes before the start of the awards ceremony, and that they have read their place card info. Runners on the awards stand are to wear something that represents your school such as team warm-ups, team singlet, team t-shirt, or etc.

Meet Schedule

9:00am	AA-A Coaches Meeting at the track in Hospitality Room
10:00am	AA-A Boys
10:45am	AA-A Girls
11:45am	AA-A Award Ceremony
12:15pm	AAA Coaches Meeting at the track in Hospitality Room
1:00pm	AAA Boys
1:45pm	AAA Girls
2:45pm	AA-A Award Ceremony

All WVSSAC Rules will be in effect

Good Luck with your team & let me know if there is anything you need.

Chris Parsons
(Cabell Midland Athletic Director & Cross Country Coach)