28-AAA Cross Country

A. General Responsibility: District Chair for cross country will be La Vernia.

It shall be the responsibility of the host school (Principal or Designee) to initiate corrective measures at all District 28 AAA Cross Country meets to prevent unusual disturbances from individuals or groups.

B. Date/Sites: Wednesday, October, 23, 2013/Max Starcke Park, Seguin, Texas

09:30 a.m.	Varsity Girls
10:00 a.m.	Varsity Boys
10:30 a.m.	JV Girls
11:00 a.m.	JV Boys
11:40 a.m.	Awards

C. Entry Form (USE UIL ENTRY FORMS FOUND ON UIL WEBSITE)
All Entry forms must be postmarked five (5) days prior to the meet.
Typed Varsity and JV rosters will need to be submitted.

D. Substitutions
A substitution may be made in existing entries, with guidelines set by the District host in regard to injury, illness, or ineligible athletes.

E. Meet Director
1. The District executive Committee has selected Richard Hinojosa as Director for District 28 AAA, or may allow the meet Director to select a Meet Director.
2. The Meet Director shall be responsible for organizing the meet and is the final authority on how the meet is organized within the confines of the UIL Constitution and Contest Rules and District 28 AAA rules.

F. Protests
Protests shall be made to the committee of Athletic Directors. Their decision shall be final. This final does not prohibit protests to the District Executive Committee on items covered by the UIL Constitution and Contest Rules which go beyond the actual play (except for the place of finish which is handled by the clerk of the course).

G. Entries
***Entry blanks for the varsity meet can be found on the UIL Cross Country online site. ATHLETE GUILD WILL HANDLE ENTRIES AND TIMING. ENTRIES ARE TO BE SUBMITTED AT **ATHLETEGUILD.COM.** Instructions are below on page 4 of this attachment.

H. Championship Structure

A maximum of three teams and ten individuals shall qualify from District to Regional. An individual qualifier may also be a member of a qualifying team. Additional individuals are not moved into the top five qualifiers if any of the first ten qualifiers are also on a team. Only varsity competitors will advance.

I. Distance

Girls Cross Country competitors will run approximately two (2) miles. Boys Cross Country competitors will run approximately three (3) miles. Junior High will run approximately one and one half (1 ½) miles.

J. Entry Limitations

A minimum of five participants and a maximum of seven participants shall constitute a team. The first five finishers on each team will count for the total Team score. A school may enter less than five; however, it cannot compete for a team title. A school may enter only one varsity team of boys and one team of girls in the District meet. There is no limit to the number of JV or Jr. High entries.

K. Uniforms

The Cross Country uniform consists of a minimum of school issued jersey and shorts, which are not objectionable, and shoes. A contestant must wear the assigned competitor number when numbers are used.

L. Rules

The Cross Country rules found in the current National Federation Track and Field Rules shall be enforced at the District meet, as well as UIL rules

M. Determining Team Scores

Place at Finish	1st	2nd	3rd	4th	5th	6th	etc.
Points	1	2	3	4	5	6	etc.

Competitors finishing the race shall be ranked and tallied in accordance with the above table. The team score shall be determined by totaling the points scored by the first five finishers of each team. The team scoring the fewest number of points is the winner.

If less than five competitors from a school finish, the places of all the competitors from that school are disregarded in determining the team scores and the teams' scores are re-ranked.

Although the sixth and seventh place finishers do not score points toward the team total, the place is counted in determining the scores of the other teams.

Ties in team scoring shall be resolved by comparing the sixth place finishers from the two teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail. If only five competitors of tying teams finish, the scoring shall be resolved by totaling scores of the first four finishers.

N. Meet Officials
The Meet Director will be responsible for securing all necessary meet officials. Each member school will provide four (4) adult district employees. Names are to be e-mailed to Richard.hinojosa@lvschools.net no later than Thursday, October 17, 2013

O. Timing: The Athlete Guild has been contracted to chip time all races, both Jr. High and high school.

P. The Jr. High meet will also be held at Starcke Park on Wednesday, October 23, 2013.

5:00 7th and 8th grade girls
5:30 8th grade boys and girls
Awards as soon as scores are determined.

Each school will need to provide 2 workers for the Jr. High meet.

How to register for the 28 AAA cross country meet.

Here is the information that you will need to register your teams.

1. Go to www.athleteguild.com
2. Click on "Events" on the navigation menu
3. Search for 28 AAA meet
4. Click on the "Register Online" button. This is the same as clicking on the "Teams" menu option to the left.
5. If you already have a team, click on the team name. If not, click the "Create" tab.
   In order to access or create your team, you MUST be logged-in. No other coach can access or modify your team info so you have to have a user account and be logged-in.
6. The team name is actually the school name. Please try and put all of your athletes on one team if all are the same coach.
   Basically one team per coach unless they are scored separately
7. Once the team has been accessed or created, you will see the roster on the team page (will show "No Athletes Found" if none created)
8. Click on the "Create Team Member" link on the Team Members section. This will allow you to enter your athletes
9. Minimum information needed per athletes (Name, Gender, Category.
   For the age use their class grade.
10. You can come back to your team page as often as needed to add, edit or delete your athletes.