



2024 MSHSAAA CROSS COUNTRY CHAMPIONSHIPS

MSHSAA STAFF

DOUG FESSLER
DIRECTOR OF CROSS COUNTRY



JANEL TWEHOUS
ASSISTANT



- LOU MAZZOCCO
 - ASSISTANT MEET MANAGER
- DARYL BRADLEY
 - AWARDS PRESENTATIONS
- MARTY MARSH
 - AWARDS PRESENTATIONS
- CRAIG LONG
 - GATE OPERATIONS



ENTRY CONFIRMATION

- ENTRIES MUST BE CONFIRMED BY 6:00 PM MONDAY – NO EXCEPTIONS
 - CONFIRMATION - ON MILESPLIT.COM
 - NAVIGATE TO YOUR CLASSES MEET
 - REVIEW YOUR ENTRIES (SORT BY: TEAM)
- CORRECTIONS & SUBSTITUTIONS - SENT TO DOUG@[MSHSAA.ORG](mailto:DOUG@MSHSAA.ORG)
- **CORRECTIONS** :
 - **SUBJECT LINE: CORRECTION – CLASS “?” – “SCHOOL NAME”**
 - BODY: NATURE OF THE CORRECTION
 - CORRECTIONS AFTER THE DEADLINE WILL RESULT IN A \$100 FINE PER CHANGE
 - QUALIFYING TEAMS MAY ENTER UP TO 10 RUNNERS, ONLY 7 COMPETE.
- **SUBSTITUTIONS** (TEAM QUALIFIERS ONLY)
 - MUST MEET THE REQUIREMENTS IN SECTION 4.B.2.III OF THE MANUAL
 - SUBSTITUTION SHOULD BE FORWARDED TO DOUG@MSHSAA.ORG:
 - **SUBJECT LINE: SUBSTITUTION – CLASS “?” – “SCHOOL NAME”**
 - BODY: ATHLETE BEING REMOVED & ATHLETE BEING ADDED



PRE-EXISTING MEDICAL CONDITIONS

- ALL PRE-EXISTING MEDICAL CONDITIONS MUST BE REPORTED IN WRITING TO THE MSHSAA OFFICE
 - NO FORM TO FILL OUT
 - PHYSICIANS NOTE SENT TO JANEL (JANEL@MSHSAA.ORG)
 - MUST BE SUBMITTED BEFORE 12:00 PM TUESDAY
- MSHSAA OFFICE PROVIDES NOTIFICATION TO MEET REFEREE



PACKET PICKUP

NEW PACKET PICKUP LOCATION

- PACKET PICK UP – MSHSAA HQ (NEW BUILDING) LOCATED ON-SITE, JUST PAST TENT CITY – NO TEMP PARKING – PARK IN A LOT & PICK-UP
- HEAD COACH MUST PICK UP WITH A PHOTO ID

- CLASSES 5 & 1
 - THURSDAY, NOVEMBER 7, 3:00 – 5:00 PM
 - FRIDAY, NOVEMBER 8, 7:00 – 9:00 AM

- CLASSES 2 - 4
 - FRIDAY, NOVEMBER 8, 2:30 – 5:30 PM
 - SATURDAY, NOVEMBER 9, 7:00 AM – 12:00 PM



TEAM PACKET CONTENTS

- COACHES CONTENT
 - ONE WRISTBAND WILL BE PROVIDED FOR EACH APPROVED High School CROSS COUNTRY COACH ON YOUR MSHSAA ROSTER
 - THESE WILL PROVIDE YOU ENTRY AND ACCESS TO DESIGNATED RESTRICTED AREAS
- ATHLETE CONTENT
 - CONFIRM THAT EACH RUNNER RECEIVES THE CORRECT BIB NUMBERS.
 - PLEASE ASSIST BY HAVING RUNNERS BIBS IN PLACE BEFORE ARRIVING ONSITE ON RACE DAY
- MANAGER CONTENT
 - SCHOOLS ARE REQUIRED TO PURCHASE A DIGITAL TICKET FOR THE MANAGER(S) IF THEY WANT ENTRY INSIDE THE MAIN PERIMETER. THE WRISTBAND ALLOWS ACCESS FROM TENT CITY TO THE START LINE, BUT NOT THE MAIN PERIMETER OF THE COURSE.
 - ONE MANAGER WRISTBAND WILL BE PROVIDED PER SCHOOL.
 - A 2ND MANAGER WRISTBAND MAY BE REQUESTED ON-SITE, IF THE OTHER GENDER QUALIFIES AS WELL.
 - IF THE MANAGER WRISTBAND IS FOUND ON AN ADULT:
 - THE WRISTBAND WILL BE CONFISCATED, THE ADULT WILL BE ESCORTED FROM THE COURSE, THE SCHOOL WILL BE FINED \$50



COURSE INSPECTION TIMES

SCHEDULE

- THURSDAY, NOVEMBER 7
 - CLASSES 5 & 1 ONLY
 - 3:00 – 5:00 PM
- FRIDAY, NOVEMBER 8
 - CLASSES 2 - 4
 - 2:30 – 5:30 PM

DETAILS

- TEAM BUSES WILL BE PERMITTED TO PULL IN AND DROP RUNNERS AND EQUIPMENT.
- DURING THIS TIME, BUSES CAN PARK ON-SITE IN THE PARKING LOTS
- TENTS CAN BE SETUP IN RUNNERS VILLAGE
- RUNNERS & COACHES MAY INSPECT THE COURSE
- SUNSET WILL BE A CONCERN SO PLEASE GET YOUR RUNNERS ON THE COURSE UPON ARRIVAL

**DO NOT ARRIVE PRIOR TO THE OPEN
OF THE COURSE FOR YOUR CLASS**



BUS AND SCHOOL VEHICLE PARKING



CROSS COUNTRY CHAMPIONSHIPS



- LARGE BUS PARKING FOR ALL CLASSES WILL BE AT THE FIELDHOUSE
- THERE WILL BE A SHUTTLE FROM THE FIELDHOUSE.
- SCHOOL VEHICLES WILL HAVE TO FIND PARKING IN THE PUBLIC PARKING AREAS, INCLUDING TOLTON CATHOLIC HS THIS YEAR.
- **THERE WILL BE NO SCHOOL VEHICLE PARKING AT THE COURSE.**
- PARENTS TRANSPORTING ATHLETES MAY BE DROP THEM AT THE COURSE. PARENTS WILL NOT BE ABLE TO ENTER THE COURSE AT THE SAME TIME THEIR CHILD ENTERS.
- **ALL ONSITE PARKING AT THE COURSE IS RESERVED FOR STAFF, MEDIA AND ADA**

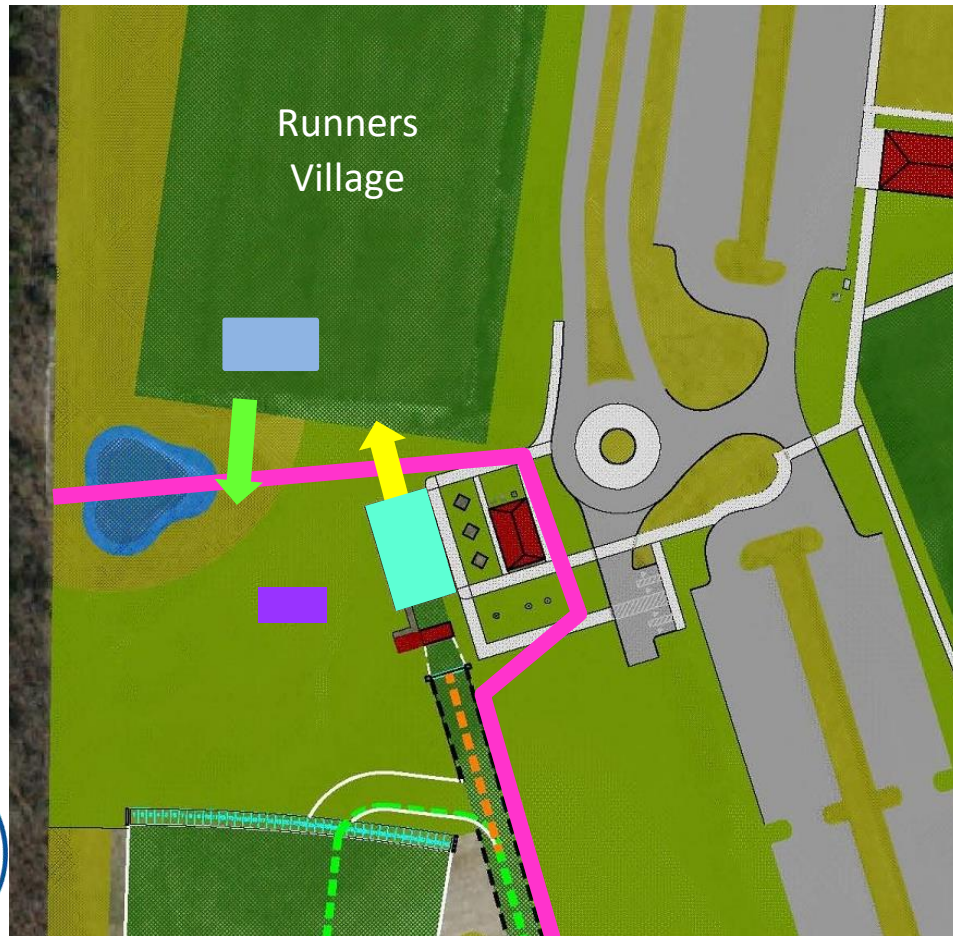


BUS DRIVERS

- THE FIELDHOUSE WILL BE OPEN FOR BUS DRIVERS TO RELAX DURING THE DAY.
 - THERE IS LIMITED VENDING MACHINE OPTIONS AT THE FIELDHOUSE
- BUS DRIVERS WISHING TO ENTER VENUE
 - NO DIGITAL TICKET NEEDED
 - NEED A LETTER FROM AD
 - ON SCHOOL LETTERHEAD
 - MUST STATE THE CLASS(S) FOR WHICH YOUR SCHOOL IS COMPETING
 - BUS DRIVER WILL NEED ID



RESTRICTED AREAS & ACCESS



RESTRICTED AREA – ONLY COACHES, ATHLETES AND TEAM MANAGER ARE PERMITTED INSIDE THIS AREA (MANAGER ONLY PRE-RACE)

TEAM CHECK-IN

ENTRANCE TO RESTRICTED AREA

RUNNER CHECK-IN

ATHLETE RECOVERY AREA

- COACHES AND PARENTS WILL BE PERMITTED IN UPON MEDICAL PERSONNEL REQUEST ONLY

COMPETITOR RECOVERY EXIT



TEAM & RUNNER CHECK-IN

- TEAM CHECK-IN (SOUTH OF RUNNER'S VILLAGE)
 - ALL ENTERED ATHLETES ARE TO PASS THROUGH TEAM CHECK-IN
 - ATHLETES MUST HAVE BOTH BIBS AFFIXED TO THEIR UNIFORM
 - BIBS AND HANDS WILL BE STAMPED.
 - DO THIS BEFORE ATTEMPTING TO ENTER THE COURSE OR VIEWING AREAS ON RACE DAY
- RUNNER CHECK-IN (NORTH OF STARTING LINE)
 - COMPETITORS ONLY MUST PASS THROUGH THE RUNNER CHECK-IN AREA
 - CLERKS WILL DIRECT RUNNERS THROUGH PROCESS
 - ACTIVATES CHIPS FOR RACE



MEDICAL SERVICES

- MEDICAL SERVICES ARE BEING COORDINATED BY MOATA - THEY WILL HAVE CERTIFIED ATHLETIC TRAINERS AND STUDENT TRAINERS PRESENT TO ASSIST ATHLETES
- EMERGENCY SERVICES WILL BE ONSITE (DO NOT GO DIRECTLY TO THEM)
- THESE SERVICES WILL BE STAGED IN THE ATHLETE RECOVERY AREA AND BE AVAILABLE UNTIL 30 MINUTES FOLLOWING THE LAST RACE
- COACHES & PARENTS ARE NOT TO ENTER THE ATHLETE RECOVERY AREA UNLESS EXPRESSLY ASKED BY MEDICAL PERSONNEL



RACE SCHEDULE

■ FRIDAY, NOVEMBER 8

- 9:00 AM – CLASS 5 GIRLS
- 9:45 AM – CLASS 1 GIRLS
- 10:30 AM – CLASS 5 BOYS
- 11:15 AM – CLASS 1 BOYS

■ SATURDAY, NOVEMBER 9

- 9:00 AM – CLASS 2 GIRLS
- 9:45 AM – CLASS 3 GIRLS
- 10:30 AM – CLASS 2 BOYS
- 11:15 AM – CLASS 3 BOYS
- 12:00 PM – CLASS 4 GIRLS
- 1:00 PM – CLASS 4 BOYS



BIBS, THE START & THE FINISH

- **BIBS:** EACH BIB IS MARKED WHICH GOES HIGH ON FRONT & BACK OF THE UNIFORM TOP AND PINNED WITH 4 PINS (**NOT AT THE WAIST**). CHIPS ARE IMBEDDED IN THE BIB NUMBER. EACH RUNNER MUST WALK THROUGH THE RUNNER CHECK-IN TENT, AS THEY MAKE THEIR WAY TO THE START LINE.
- **THE START:** STARTING POSITIONS ARE NUMBERED ON THE GROUND AT THE STARTING LINE, EACH SCHOOL'S BOX NUMBER IS DESIGNATED IN YOUR PACKET. REVIEW LOCATION OF YOUR POSITION WELL IN ADVANCE OF THE START OF THE RACE. A WARNING WILL SOUND 20 MINUTES PRIOR TO STARTING TIME. A SECOND WARNING WILL SOUND 10 MINUTES PRIOR TO THE RACE.
 - RUNNERS REMOVE THEIR SWEATS AND REPORT TO THE STARTING LINE READY TO BEGIN THE RACE. UMPIRES AND MARSHALS CLEAR THE STARTING AREA OF ALL PEOPLE. THE STARTER TAKES OVER AND ANNOUNCES INSTRUCTION TO THE RUNNERS, AT WHICH TIME RUNNERS WILL BE INSTRUCTED TO REMOVE THEIR MASKS.
 - IT IS THE RESPONSIBILITY OF EACH RUNNER TO BE ON THE STARTING LINE AND READY TO RUN AT THE DESIGNATED STARTING TIME. ONCE THE RUNNERS HAVE BEEN CALLED TO THE STARTING LINE BY THE STARTER FOR FINAL INSTRUCTIONS, ONE FINAL RUN-OUT WILL BE PERMITTED.
- **THE FINISH:** EMPHASIZE TO YOUR RUNNERS TO NOT STOP AT THE FINISH LINE. THEY MUST KEEP MOVING UNTIL THEY ARE COMPLETELY THROUGH THE RUNNER ASSISTANCE TENT AND MAKE THEIR WAY TOWARD THEIR TEAM TENT OR THE AWARDS AREA. IF A RUNNER NEEDS ASSISTANCE, PICK THEM UP OUTSIDE THE TENT.



AWARDS SCHEDULE

- **FRIDAY, NOVEMBER 8**

- 11:15 AM – CLASS 5 G/B
- 12:00 PM – CLASS 1 G/B

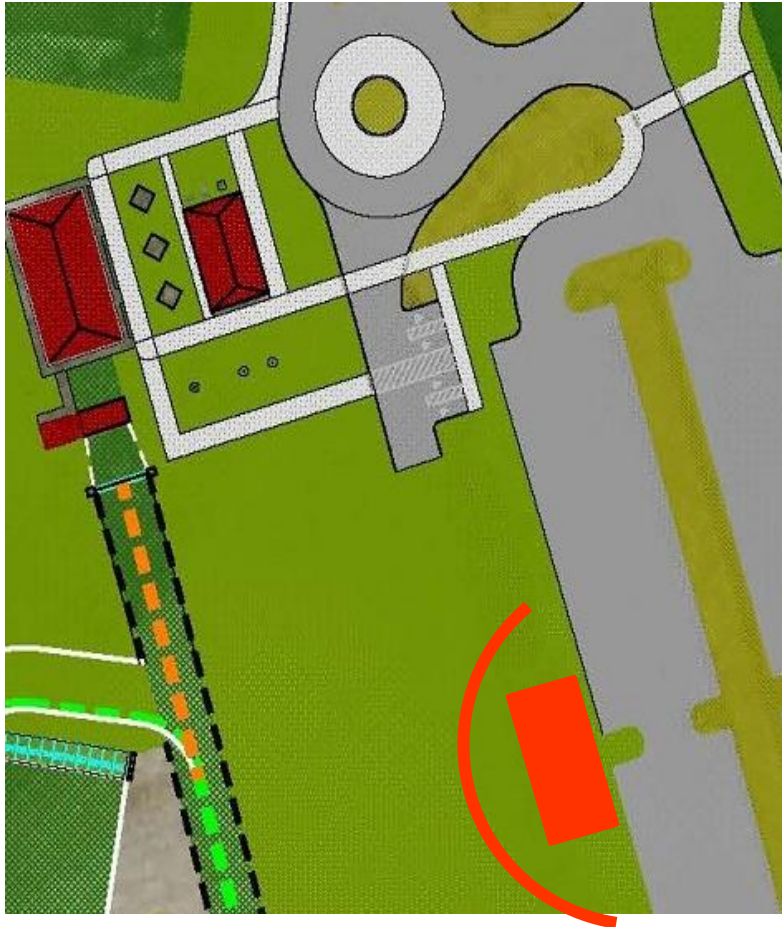
- **SATURDAY, NOVEMBER 9**

- 11:15 AM – CLASS 2 G/B
- 12:00 PM – CLASS 3 G/B
- 1:45 PM – CLASS 4 G/B

Please have your school's award winners at the Awards Staging area – ON TIME!



AWARDS PRESENTATIONS



- INDIVIDUAL MEDALS WILL BE PRESENTED TO THE TOP 30 FINISHERS.
 - RUNNERS & COACHES SHOULD REPORT TO THE EAST SIDE OF THE AWARDS AREA NO LATER THAN 10 MINUTES PRIOR TO THEIR SCHEDULED TIME
 - COACHES WILL DRAPE MEDALS
 - INDIVIDUAL AND GROUP PICTURES WILL BE TAKEN
- TEAM TROPHIES WILL BE PRESENTED TO THE TOP 4 TEAMS.
 - TEAMS AND COACHES SHOULD REPORT AT THE SAME TIME AS INDIVIDUAL MEDALISTS.
 - TROPHY WINNER PICTURES WILL BE TAKEN



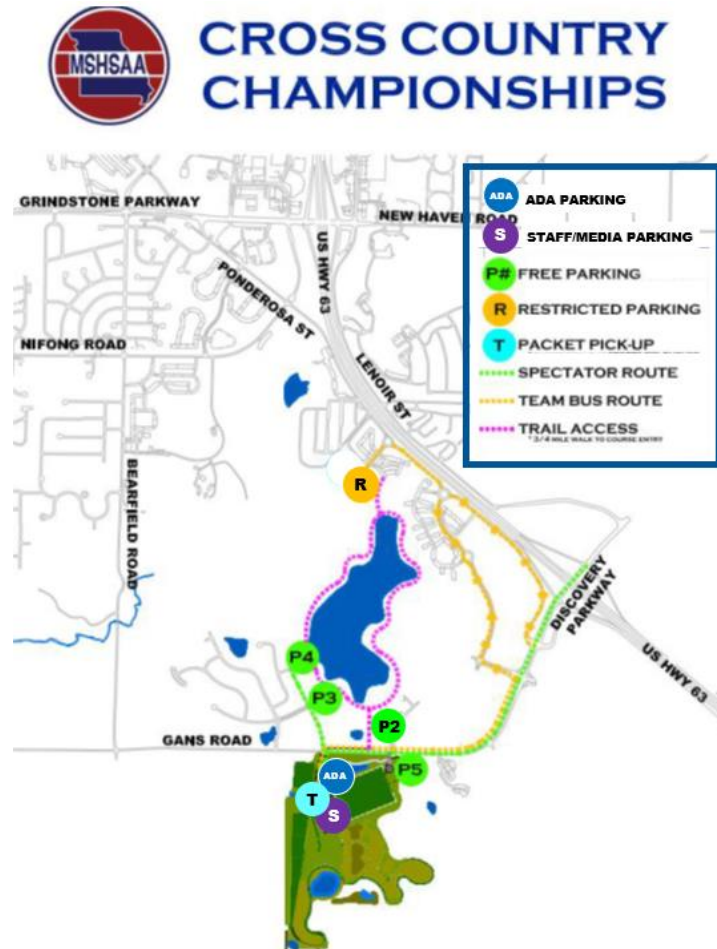
DIGITAL TICKETING



- EVERYONE AGES 6 AND OVER (OTHER THAN APPROVED COACHES, ENTERED ATHLETES AND BUS DRIVERS) **WILL NEED A DIGITAL TICKET.**
 - THREE (3) ADMINISTRATOR DIGITAL TICKETS PER SCHOOL WITH QUALIFIERS WILL BE EMAILED FROM FANSUPPORT@HOMETOWNTICKETING.COM, TO THE AD FOR DISTRIBUTION TO THE SUPERINTENDENT, PRINCIPAL AND THEMSELVES.
 - SCHOOLS WILL NEED TO PURCHASE DIGITAL TICKETS FOR ANY OTHER NON-QUALIFYING TEAM MEMBERS.
 - **MANAGERS WILL NEED A DIGITAL TICKET TO ENTER THE VIEWING AND AWARDS AREAS**
- DIGITAL TICKETS MAY BE PURCHASED AT WWW.MSHSAA.ORG
 - TICKETS COST \$12 EACH
 - TICKETS ARE GOOD FOR ONE DAY
 - THE TICKET MAY BE ON YOUR ELECTRONIC DEVICE OR PRINTED OUT.
 - PASS OUTS WILL BE PERMITTED.



SPECTATOR INFORMATION & PARKING



■ PARKING

- ADA PARKING IN THE NORTH PARKING LOT AT THE COURSE
- THREE (3) DESIGNATED PARKING AREAS
 - TWO (2) NORTH OF GANS ROAD AND THE VENUE
 - ONE (1) SOUTH OF GANS ROAD AND TO THE EAST OF THE VENUE

■ ENTRY

- THERE WILL BE TWO (2) ADMISSION GATES NORTH OF STAFF PARKING.

■ GENERAL

- GATES OPEN DAILY 1 HOUR BEFORE THE FIRST RACE
- NO PETS ARE PERMITTED IN THE VENUE





CONGRATULATIONS!

THE CHAMPIONSHIPS ARE A
MEMORY YOU, YOUR ATHLETES
AND COMMUNITY WILL NOT
SOON FORGET.

ENJOY!

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