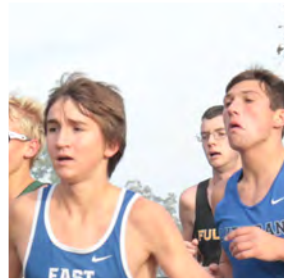




2018



# Cross Country Championship Information

# MSHSAA

Missouri State High School Activities Association



**2018 State Cross Country  
Championship Schedule  
Oak Hills Golf Course  
November 3, 2018**

<b>RACE</b>	<b>TIME</b>
Class 4 Girls	9:00 am
Class 3 Girls	9:35 am
Class 4 Boys	10:10 am
Class 3 Boys	10:45 am
Class 1 Boys	11:20 am
Class 2 Boys	11:55 am
Class 1 Girls	12:30 pm
Class 2 Girls	1:05 pm

**AWARDS – Trophies and Medals**

Class 4 Girls & Boys @ Approximately 10:45 am  
Class 3 Girls & Boys @ Approximately 11:15 am  
Class 1 Girls & Boys @ Approximately 1:00 pm  
Class 2 Girls & Boys @ Approximately 1:30 pm

\*\*\*\*\*

**NOTE:**  
**Please return ALL chips (together as a team) to  
the tent located south of the Clubhouse.**

\*\*\*\*\*

Ellis Blvd.

Clubhouse



Finish

# Oak Hills Golf Center at Hough Park

Two Miles

Start

One Mile

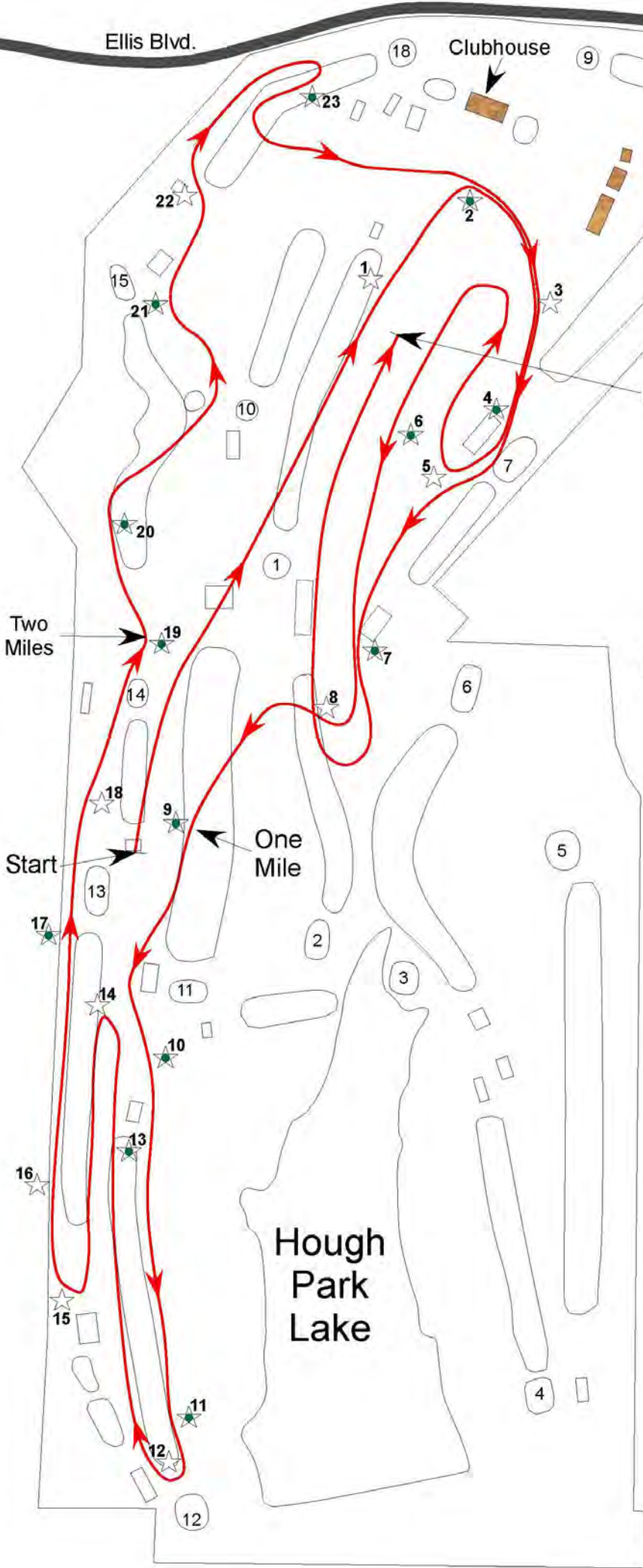
Hough Park Lake

## 5000 Meter Course

-  Course Route
-  Marshall Positions
-  Buildings
-  Radios

**2018 MSHSAA Cross Country State Championship Course**

\*Subject to change for Improvements



# Jefferson City Area Properties

## **America's Best Value Inn**

1624 Jefferson Street  
Jefferson City, MO 65109  
(573) 634-4220  
[www.americasbestvalueinn.com](http://www.americasbestvalueinn.com)

## **Baymont Inn & Suites**

319 West Miller Street  
Jefferson City, MO 65101  
(573) 636-5231 / (800) 392-3366  
[www.devillehotel.com](http://www.devillehotel.com)

## **Best Western Plus Capital Inn**

1937 Christy Drive  
Jefferson City, MO 65109  
(573) 635-4175  
(573) 635-6769 - (fax)  
[www.bestwestern.com/capitalinn](http://www.bestwestern.com/capitalinn)

## **Budget Inn**

1309 Jefferson Street  
Jefferson City, MO 65109  
(573) 636-6167  
(573) 636-5749 – (fax)  
[budgetinnjeffcity@yahoo.com](mailto:budgetinnjeffcity@yahoo.com)

## **Candlewood Suites**

3514 Amazonas Drive  
Jefferson City, MO 65109  
(573) 634-8822  
(573) 634-8814 (fax)  
[www.candlewoodsuites.com](http://www.candlewoodsuites.com)

## **Capitol Plaza Hotel**

415 West McCarty Street  
Jefferson City, MO 65101  
(573) 635-1234 / (800) 338-8088  
(573) 635-4565 (fax)  
[www.capitolplazajeffersoncity.com](http://www.capitolplazajeffersoncity.com)

## **Cliff Manor Bed & Breakfast Inn**

722 Cliff Street  
Jefferson City, MO 65101  
(573) 635-4208 / (877) 538-9616  
[www.cliffmanor.com](http://www.cliffmanor.com)

## **Days Inn**

2100 Jefferson Street  
Jefferson City, MO 65109  
(573) 761-3600 / (800) 329-7466  
(573) 761-7494 – (fax)  
[www.daysinn.com](http://www.daysinn.com)

## **DoubleTree by Hilton**

422 Monroe Street  
Jefferson City, MO 65101  
(573) 636-5101 / (800) 575-5101  
(573) 636-9664 - (fax)  
[www.jeffersoncitydoubletree.com](http://www.jeffersoncitydoubletree.com)

## **Econo Lodge**

1926 Jefferson Street  
Jefferson City, MO 65109  
(800) 228-5150  
(573) 636-3611 – (fax)  
[www.choicehotels.com](http://www.choicehotels.com)

## **Fairfield Inn by Marriott**

3621 West Truman Blvd.  
Jefferson City, MO 65109  
(573) 761-0400  
(573) 761-0401 - (fax)  
[www.fairfieldinn.com](http://www.fairfieldinn.com)

## **High Street Retreat**

712 E. High St.  
Jefferson City, MO 65101  
(573) 619-4377  
<http://www.highstreetretreat.com/home>

## **Quality Inn & Suites**

1716 Jefferson Street  
Jefferson City, MO 65109  
(573) 634-4040  
(573) 634-4200 – (fax)  
[www.hiexpress.com](http://www.hiexpress.com)

## **Travelodge**

1710 Jefferson Street  
Jefferson City, MO 65109  
(573) 636-5456  
[www.wyndhamhotels.com/travelodge](http://www.wyndhamhotels.com/travelodge)

**Changes/Substitutions  
(Please Print)**

**Delete:**

**Athlete's Name:** \_\_\_\_\_

**Year in School:** \_\_\_\_\_ **Competitor #:** \_\_\_\_\_

**Add:**

**Athlete's Name:** \_\_\_\_\_

**Year in School:** \_\_\_\_\_ **Competitor #:** \_\_\_\_\_

**Other Changes:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Classification:**      1      2      3      4      **Boys or Girls:** \_\_\_\_\_

**Coach's Name:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

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**CONTACT FOR LOST AND FOUND ITEMS**

**Jefferson City Parks and Recreation  
(573) 634-6482**

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**Pre-Existing Medical Conditions**

**Athlete's Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Classification:**      1      2      3      4      **Boys or Girls:** \_\_\_\_\_

**State Pre-existing Medical Conditions:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

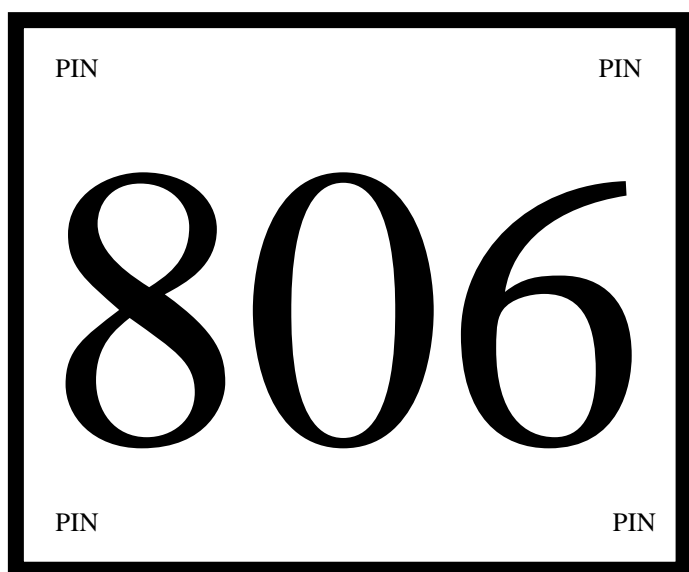
**Coach's Name:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_

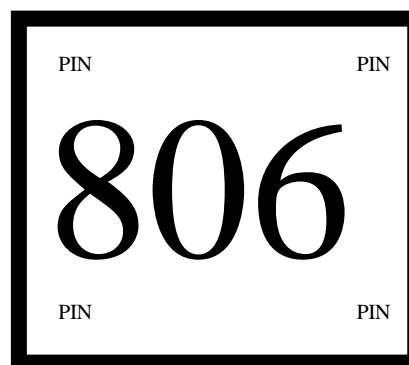
**(Please turn in to meet management before the applicable race)**

## HOW TO PIN COMPETITORS NUMBERS TO JERSEYS

1. Each runner must wear a front and a back **competitor bib** number (make sure the two numbers for each runner are the same). The numbers must be pinned high on the front and the back of the uniform top (not at the waist).
2. Each runner must also wear a **competitor hip** number (make sure the two numbers match the two bib numbers). The numbers must be pinned on each hip (either to the shorts if the jersey is tucked in or to the jersey itself if it is not tucked in).
3. Use four pins with each bib number and four pins with each hip number.
4. Do not cut or fold numbers down to a smaller size as they must be visible to meet officials. Alteration of a competitor number can result in disqualification of the runner.



COMPETITOR BIB NUMBER (2)



COMPETITOR HIP NUMBER (2)

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## COMPUTER CHIP FINISH/TIMING METHOD

- Places and times shall be determined by a computer chip process at the State Championships.
  - If a competitor does not have his/her two chips attached to his/her shoes when he/she crosses the finish pad, he/she will not receive a place or time.
  - Please tie the chips on the shoes so that the **NUMBER IS VISIBLE**.
  - **Computer chips must be turned in at the Chip Return Tent located SOUTH of the CLUBHOUSE.**
  - **Do not return to packet pick-up area.**
  - Your school will be charged \$50 for **each** non-returned computer chip.
-

# TRXC TIMING, LLC



RACE MANAGEMENT SPECIALISTS

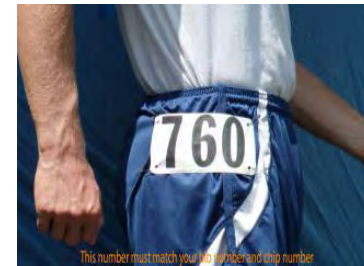
WWW.TRXCTIMING.COM

You must wear your IPICO Sports Tag (CHIP) to receive your Finishing Time and Place (Please place a chip on each shoe). If you do not wear your CHIP we will be unable to give you the correct place or time. **The system will record your time and place but all finishers are verified with a Finishlynx camera for close finishes. CHIPS will be returned by coaches to the tent northwest of the clubhouse.** A penalty of \$50 for each unreturned chip will be charged to the school.



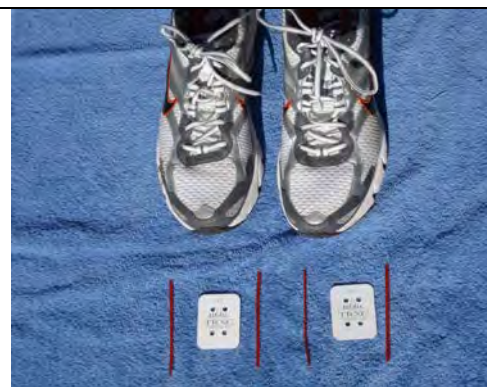
Proper Front Bib Number Placement

**BIBS MUST BE PINNED TO THE FRONT & BACK OF THE RUNNER. THERE ARE 2 HIP NUMBERS FOR EACH ATHLETE INCLUDED IN YOUR PACKET. PLEASE PLACE THESE ON EACH SIDE OF YOUR HIPS AS TO HELP WITH THE VERIFICATION AND BACKUP OF THE FINISHLYNX CAMERA.**



Proper Hip Number Placement

Please be sure that side of chip with NUMBER on top of shoe is visible to the officials. Your BIB number is marked on the chip. Please make sure you put the correct CHIP on your shoe and it is facing up. The chip may also be tied into your laces of your shoe if you wish, as an extra precaution, use a twist tie in conjunction with this method.



(2) Matching Chips and (4) Twist Ties



Insert Twist Ties into Laces



Insert Twist Ties Into Holes On Chips



Twist Ties To Secure Chip To Shoe



# **CROSS COUNTRY SHUTTLE BUS**



**SATURDAY, NOVEMBER 3, 2018**

First Bus: 7:30 a.m. – 2:30 p.m.

Second Bus: 8:30 a.m. – 1:30 p.m.

## **SHUTTLE PICKUP/DROP OFF**

Jefferson City High School  
Football Stadium Parking Lots (look for signs)

- Jackson/Union Streets
- Stadium/Leslie Streets

**DROP OFF/PICKUP AT  
OAK HILLS GOLF CENTER**

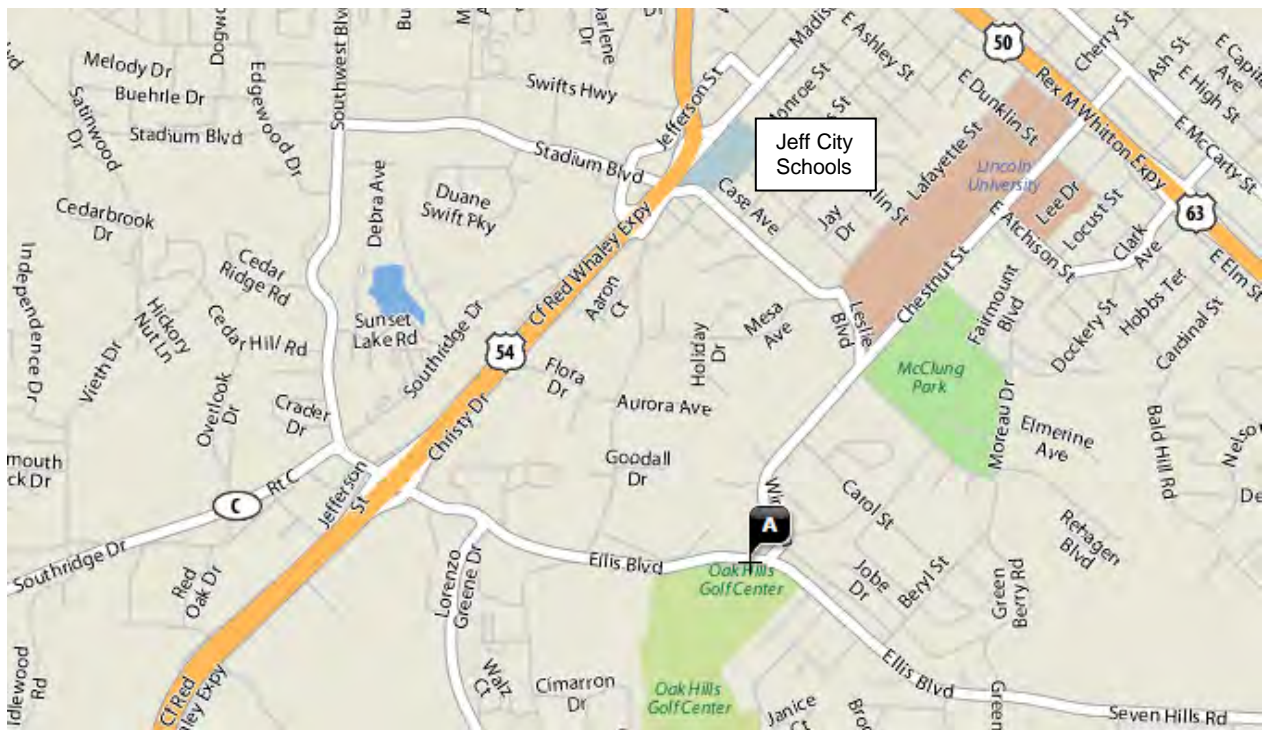
# SUPPORTED BY



## FREE SHUTTLE BUS AT STATE CROSS COUNTRY MEET

The Jefferson City Convention and Visitors Bureau will operate a FREE shuttle bus during the State Cross Country Meet as a convenience to parents and fans and to facilitate the parking situation in and around Hough Park. Please reference the map below and the schedule on the backside for locations and times.

We encourage you to inform parents and fans to utilize the shuttle bus and join us in expressing appreciation to the Jefferson City Convention and Visitors Bureau for providing this fine service. Please feel free to duplicate this map and send home to interested parents.





# Missouri State High School Activities Association

1 N. Keene Street, Columbia, MO 65201-6645 ♦ P.O. Box 1328, Columbia, MO 65205-1328  
Phone (573) 875-4880 ♦ Fax (573) 875-1450 ♦ [www.mshsaa.org](http://www.mshsaa.org) ♦ [email@mshsaa.org](mailto:email@mshsaa.org)

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**Dr. Kerwin Urhahn, Executive Director**

**Stacy Schroeder, Associate Executive Director**

Davine Davis, Assistant Executive Director   Kevin Garner, Assistant Executive Director   Craig Long, Chief Financial Officer  
Don Maurer, Assistant Executive Director   Kenny Seifert, Assistant Executive Director   Greg Stahl, Assistant Executive Director  
Jason West, Communications Director   Lou Mazzocco, Assistant Executive Director

## **SUPERVISION OF STUDENTS IN HOTELS AND MOTELS**

The MSHSAA Office has received several reports regarding misconduct of students who have stayed at hotels and motels during our state tournaments, and some proprietors have indicated that they may find it necessary to refuse registration for high school students.

Our investigation of this matter indicates that the problems come primarily from students who make motel reservations by telephone, etc., and are not under the supervision of parents or school representatives. Regardless of whether or not the students are attending under the supervision of the school, their misconduct is damaging to the image of that school, and also causes difficulty by making motel proprietors somewhat hesitant in making reservations for high school teams participating in our various state events.

We have advised the hotel and motel proprietors in the towns and surrounding areas in which our championship events are held to register only students who are accompanied by their coach or students who are under the supervision of school representatives or their parents. We have further requested that the identity of trouble makers be obtained when misconduct occurs so these persons can be identified to their schools. We have made it clear to the motel proprietors that registering students who are not under the supervision of the school is the responsibility of the proprietor and students' parents. We believe our instructions to the motels and the procedures recommended are in the best interest of our schools.

We would further like to request that all schools, which qualify teams for any of our state tournament games take the following steps: (1) establish appropriate conduct policies and inform students who will be attending the tournament and staying overnight of these policies, (2) that students and parents be informed that because of damaging the image for their schools and the interscholastic program, motel and hotel proprietors provide to this office the names and addresses of individuals creating problems for them during overnight stays for MSHSAA events, (3) that you make it clear to parents that your school will not assume any responsibility for students staying overnight in hotels or motels who are not under your supervision and (4) that your student body be informed that the misconduct of a few students damages the image of the school and therefore should be a matter of concern for all students.

Your cooperation is requested.

**“The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.”**

# \*\*\*NOTICE\*\*\*

TO: High School Cross Country Coaches, Runners, Parents, Families and Friends

FROM: Tina Werner, State Cross Country Championships Meet Manager and General Recreation and Support Services Division Director, Jefferson City Parks and Recreation Department

RE: Dogs on the Golf Course

Please make arrangements to leave your dogs at home. For the safety of athletes and spectators, anyone seen on the course with a dog will be asked to leave. ONLY service dogs (with APPROVED credentials provided by the handler) are allowed at the State Cross Country Championships at Oak Hills Golf Course in Jefferson City

## NO DOGS ALLOWED ON OAK HILLS GOLF COURSE



## THANK YOU!

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## **OAK HILLS EVACUATION PROCEDURE**

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### **INCLEMENT WEATHER**

- In the event of heavy rain, hail, lightning, etc., all persons should get off the golf course as quickly as possible and take cover in the clubhouse or personal vehicle.
- In the event of a tornado, all persons out on the golf course should stay away from trees and metal objects and take cover in a low lying area. Do not try to outrun a tornado.

### **EMERGENCY OR DISASTER**

- In the event of an emergency or disaster, all persons on the golf course should remain calm and get off the course as quickly as possible, getting as far away from the affected area as possible.

### **COMMUNICATION**

- Any necessary information will be announced at the awards area. Staff will also keep in touch and communicate by radio.

# STATE CROSS COUNTRY EMERGENCY PLAN

## Oak Hills Golf Course

### **Emergency Personnel:**

Physician, Certified Athletic Trainer, Coaches, and Administration Staff.

### **Emergency Communication:**

The Certified Athletic Trainers and/or Coach carry cellular telephones. Because the facility is located at a neutral site and is spread over the entirety of the golf course, Administration staff and medical staff will have access to two-way radios for emergency communication.

### **Emergency Equipment:**

Arranged ahead of time for EMS to be on site at all times that racing is taking place. Supplies and equipment brought to the Oak Hills Golf Course for races include taping and bracing supplies, general trauma and wound care kits.

### **Roles of Physician/Certified Athletic Trainer (ATC)**

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
- Activation of emergency medical system (EMS);
- 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested;
- Return to play decision-making on the injured student-athlete;
- Physician/Hospital referral of the injured student-athlete;
- Contacting the parent(s) of the injured student-athlete;

### **Roles of Administrative Staff/Coaches**

- Direct EMS personnel (ambulance) to scene;
- Unlock and open gates for entrance to Oak Hills Golf Course;
- Designate individual to "flag down" EMS and direct to scene, if not already on site;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from area.
- Ensure parking lot is clear and accessible to emergency personnel

### **Documentation**

- Documentation of incident completed within 24 hours

### **Venue Directions:**

**Legion Field:** 932 Ellis Blvd. Jefferson City, MO 65101

Off Hwy 54, take the Ellis Blvd. exit. Turn east onto Ellis Blvd. Complex on the Right.



