



OSAA / U.S. Bank / Les Schwab Tires  
**2009 CROSS COUNTRY STATE CHAMPIONSHIPS**  
November 7, 2009  
Lane Community College  
4000 E 30<sup>th</sup> Avenue, Eugene, OR 97405



## ADMINISTRATIVE INFORMATION

Additional information available on the OSAA website, [www.osaa.org/crosscountry/](http://www.osaa.org/crosscountry/)

1. **EMERGENCY PLAN:** In the event of an emergency, natural disaster, fire, war, etc. that forces postponement or cancellation of an OSAA State Championship event, information will be posted to the home page of the OSAA website (osaa.org) and distributed to statewide media outlets. A recorded message will also be accessible by calling the OSAA office at 503.682.6722, x0.
2. **ADMISSION:**
  - a. **Gates** open at 8am.
    - 1) Will Call Window located at Gate 1 (West Gate).
    - 2) VISA / MasterCard sales at Gate 1 (West Gate) only.
  - b. **General Admission Tickets (available on-site):** Adults - \$8      Students - \$5
  - c. **Online Ticket Orders:** [www.osaa.org/tickets/](http://www.osaa.org/tickets/)  
Pre-order General Admission Tickets for the Cross Country State Championships. Tickets are available online until 10am, October 5. All orders will be placed at the event site Will Call window and available for pick-up on November 7.
  - d. **Member School Discount Tickets:** Each school may purchase up to six discount tickets for \$4 each.
  - e. **Bus Drivers:** Schools are responsible for all bus driver admissions. The OSAA does not provide passes for bus drivers.
  - f. **Passes:** ONLY the OSAA Gold Card, OSAA VIP pass, OSAA Media pass, OSAA Cross Country Discount Ticket, and OSAA Cross Country Media pass, which will admit the bearer only with photo ID, are to be honored at any OSAA State Championship event. No school, athletic district, officials association, etc., passes are to be accepted.
3. **EXPENSES:** [www.osaa.org/forms/ReimbursementFormula.pdf](http://www.osaa.org/forms/ReimbursementFormula.pdf)  
Team expenses will be paid by check at the conclusion of the fall sports season according to the 2009-10 Reimbursement Formula.
4. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.
  - a. **Headquarter Hotel – Holiday Inn Express – Eugene:** [www.hiexpress.com/eugeneoregon](http://www.hiexpress.com/eugeneoregon)  
The Holiday Inn Express – Eugene is the OSAA Headquarter Hotel for Cross Country at Lane Community College. Contact Sarah Smith at 541.284.0258 for special rate information. Remember to mention that you are an OSAA member school.
  - b. **Visitor Information:** [www.travellanecounty.org/osaa](http://www.travellanecounty.org/osaa)  
Visit Travel Lane County online or call them at 800.547.5445 for more information about dining, shopping, lodging, and more while in Lane County.
5. **SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS:** (OSAA Handbook, Executive Board Policies):

“In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials “...shall take all reasonable measures to ensure that the school’s students and supporters maintain a sportsmanlike attitude toward all events...” the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided: (Revised Fall 2008)

  - a. All cheers, comments and actions shall be in direct support of one’s team. No cheers, comments or actions shall be directed at one’s opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)
  - b. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.

- c. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- d. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action. (Revised Fall 2008)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest. (Revised Fall 2008)"

## COACH / TEAM INFORMATION

Additional information available on the OSAA website, [www.osaa.org/crosscountry/](http://www.osaa.org/crosscountry/)

### PRE-STATE CHAMPIONSHIPS

1. **QUALIFICATION FOR STATE CHAMPIONSHIPS:** *(Excerpt from OSAA 2009 Cross Country Plan)*

"a. The qualification formula from districts to the state championships is as follows for each classification:

- 1) **Teams:** Top two teams from each district.
- 2) **Individuals:** Top four individuals from each district not members of qualifying teams.
- 3) **Ties:** Any ties for final team or individual qualification spots shall be broken by the district prior to submitting the official state championship entry to the OSAA."

2. **PRE – STATE CHAMPIONSHIP POSTINGS:** [www.osaa.org/crosscountry/](http://www.osaa.org/crosscountry/)

- a. All entries will be posted on the website by **4pm on Sunday, November 1, 2009.**
- b. **District Meet Directors AND coaches** of qualifying teams and individuals **are responsible for checking the accuracy of the entry information, including correct spelling.**
- c. Checking your district's / school's entry information –
  - 1) Click on "2009 Entries" and your classification (i.e., 6A Boys, 6A Girls, etc.)
  - 2) **Check for correct spelling of participant's name, year in school, school name, and district meet place,** as this information **will appear the same way in the souvenir program** unless corrected.

3. **CORRECTIONS ONLY:**

- a. **SUNDAY,** November 1, 4pm to 8pm. Please call William Wyckoff at 541.484.9883.
- b. **MONDAY – FRIDAY,** please call Brad at the OSAA office, 503.682.6722, x229.

**CORRECTIONS MADE AFTER 2pm ON MONDAY WILL NOT APPEAR IN THE PROGRAM.**

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** *(OSAA Handbook, Executive Board Policies):*

"The following shall be the policy for substitutions in individual sport State Championship events.

- a. Cross Country **(Revised Spring 2007)**
  - 1) **Individuals:** If any individual qualifier drops out of the state championship by 4pm two business days (Thursday, November 5, 2009) prior to the state championships, the district may substitute the next eligible individual qualifier not a member of a qualifying team.  
  
The district must notify the OSAA office of any such substitution by 4pm at least two business days (Thursday, November 5, 2009) prior to the state championship.
  - 2) **Team:** Substitutions on qualified teams may be made up to 30 minutes prior to the start of the state championship race at that classification. A team may enter a maximum of seven participants with its top five finishers counting toward team standings."
- b. **Notification -** Schools are required to notify the OSAA prior to the start of a state championship event if a student entered in the event will be unable to compete for any reason. Failure by a school to notify the OSAA prior to the start of a state championship event may result in a fine and/or other penalties being assessed to that school. **The district must notify the OSAA office, Brad Garrett, 503.682.6722 x229 or 503.860.7681.**

5. **CHUTE ASSIGNMENTS:** [www.osaa.org/crosscountry/2009/chuteassignments.pdf](http://www.osaa.org/crosscountry/2009/chuteassignments.pdf)

Will be posted on the OSAA website by 4pm, Wednesday, November 4, 2009.

**STATE CHAMPIONSHIPS**

1. **ADMISSION:**

- a. **Participants' Numbers:** Participants' numbers must be worn for admission.
- b. **Coaches Passes: MAXIMUM 4 PER SCHOOL.** One coach's pass for schools with an individual qualifier, two coach's passes for schools with a boys or girls team, three coach's passes for schools with an individual qualifier **and** a team, and four coach's passes for schools that qualify two teams.
- c. **Bus Drivers:** The OSAA does not provide tickets for bus drivers.

2. **COACHES PACKET – PICK UP:**

Friday, November 6 – 3pm to 6pm – Lane Community College Athletic Office (PE 204).

Saturday, November 7 – 8am – 3pm – Gate 2 (East Gate).

Coaches Packet contains: School participant lists, individual participant numbers, timing chips, coaches passes, chute assignments, OSAA participation certificates with stickers, participant gifts, and one program per school. Additional programs can be purchased for \$5 at the souvenir merchandise booth.

- 3. **PARTICIPANTS' NUMBERS:** Participants' numbers must be worn on the front of the jersey and timing chips are to be affixed to the shoe using the provided zip ties. No athlete will be allowed to compete without his or her assigned number and corresponding timing chips. Participant numbers and timing chips are to remain as issued and **ARE NOT TO BE EXCHANGED OR ALTERED.** Timing chips will be retrieved at the conclusion of each race.
- 4. **WALKING THE COURSE:** Coaches and runners wishing to walk the course Saturday must be off the course by 9:45am. The course will be open from 12:30pm – 1pm prior to the afternoon races. Coaches are restricted to spectator viewing areas at all times unless the course is open.
- 5. **ALL ENTRY CHANGES:** All entry changes shall be cleared with meet management at the tent near the finish line at least 30 minutes prior to the start of each race.
- 6. **WARM-UPS:** Someone should report with each team at the start of each race to carry warm up uniforms to the finish line.
- 7. **DRESSING FACILITIES:** Dressing room and shower facilities will be available in the Athletic Department locker rooms. Contestants must provide their own towels and locks.
- 8. **SPIKES:** Either spike or cross country shoes may be used. Spikes may not exceed 3/8" in length.
- 9. **VICTORY LAPS:** There are to be no victory laps until the final race of the day is finished.

10. **RACE SCHEDULE:**

10am.....	3A/2A/1A Girls	
10:35am.....	3A/2A/1A Boys	1:15pm .....
11:30am.....	3A/2A/1A Awards	1:50pm.....
11:25am.....	4A Girls	2:40pm .....
Noon .....	4A Boys	2:35pm .....
12:50pm.....	4A Awards	3:10pm.....
12:30 – 1pm.....	BREAK	3:50pm .....
		6A Awards

**Note:** Individual medals will be presented to the top ten finishers at the conclusion of each race.

- 11. **ATHLETIC TRAINER:** An athletic trainer will be available one hour prior to the first race.
- 12. **AWARDS:** Team trophies will be presented according to the race schedule listed above. Individual medals will be presented to the top ten finishers immediately following each race.
  - a. **Trophies** – Champion through fourth place trophies will be presented to the top teams in each race.
  - b. **Medals** – Individual medals will be presented to the top 10 finishers of each race. Nine medals will be presented to both the champion and second place teams in each race.

- c. **Qwest Athlete of the Meet** – The top finisher in each race will be recognized as that race’s Qwest Athlete of the Meet. The winner will be announced over the PA and will receive a certificate and commemorative gift from Qwest the week following the championships. The certificate and gift will be mailed to the student’s athletic director.

13. **ALL-STATE CERTIFICATES:** [www.osaa.org/track/oacaawards/awards.htm](http://www.osaa.org/track/oacaawards/awards.htm)

Coaches can download the all-state certificates from the OSAA website and print them.

14. **STATE CHAMPIONSHIP RESULTS:** [www.osaa.org/crosscountry/](http://www.osaa.org/crosscountry/)

Complete team and individual results will be posted immediately following each race on November 7. Please instruct your fans and local media to go there for results.

Please direct your questions or comments regarding this material or any other pertinent information as it relates to the state championship to Brad Garrett, 503.682.6722, x229.

## **SOUVENIR INFORMATION**

*Additional souvenir information available on the OSAA website, [www.osaa.org/souvenirs/](http://www.osaa.org/souvenirs/)*

1. **SPORTS U MERCHANDISE:** [www.osaastore.com](http://www.osaastore.com)

- a. **Finals Site:** Sports U will be on-site at Lane Community College with a wide variety of Cross Country State Championship souvenir merchandise. Stop by the merchandise booth on the berm to purchase t-shirts, sweatshirts, letterman patches, lapel pins, hats and much more. Items not sold at the event will be available for purchase online after the state championships while supplies last.
- b. **Official Letterman Patches:** Get your official OSAA Cross Country State Championship letterman patch on-site at Lane Community College or by ordering online. Forget to get one last year? You can order an official letterman patch for any year in any OSAA activity by ordering online.
- c. **Sports U Contact Information:** Sports U is the official merchandise vendor of the OSAA. For more information, contact Sports U at 888.221.2051 or via email at [erics@sportsu-store.com](mailto:erics@sportsu-store.com).

2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** [www.4nsp.com](http://www.4nsp.com)

- a. **Action and Awards Photos:** NSP will shoot action and awards photos of all Cross Country State Championship races. Action and award photos will be available online for purchase by Monday evening following the event.
- b. **Team Photos:** NSP will have a tent set up on the berm with a photographer available to shoot team photos on Saturday at Lane Community College. Coaches will receive order forms and a sample team photo in their coach’s packet. Team photos will be available online for purchase by Monday evening following the event.
- c. **NSP Contact Information:** NSP is the official photographer of the OSAA. For more information, contact NSP at 800.446.5758 or via email at [customerservice@4nsp.com](mailto:customerservice@4nsp.com).

3. **OSAA CHAMPIONSHIP PROGRAMS:** [www.osaa.org/souvenirs/programs.asp](http://www.osaa.org/souvenirs/programs.asp)

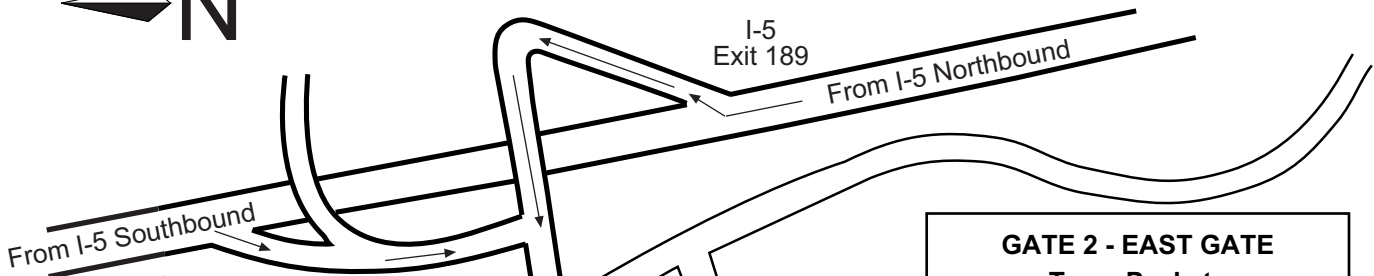
Official Cross Country State Championship programs will be available at the OSAA merchandise booth on the berm at Lane Community College for \$5. This year’s program includes a listing of all participants in each race (including bib numbers), a course map, historical state championship records and an 11”x17” color map of all OSAA member schools. Forget to get yours at the event? Order online or by calling 503.682.6722.

4. **MINI REPLICA TROPHIES:** [www.osaa.org/souvenirs/mini trophy.asp](http://www.osaa.org/souvenirs/mini trophy.asp)

The OSAA is proud to be able to offer mini replicas of the trophies presented at the OSAA State Championships. Mini replica trophies are 8” tall x 10” wide x 5” deep and make a great gift for coaches, students, parents, etc. Mini replicas can be produced for teams and individuals for any year in any OSAA activity. Each mini replica trophy is \$45 and that includes a personalized nameplate, shipping & handling. Order online or by calling 503.682.6722.

5. **JOSTENS CHAMPION RINGS:** [www.osaa.org/souvenirs/jostens.asp](http://www.osaa.org/souvenirs/jostens.asp)

Both team and individual champions can now celebrate their hard work, dedication and success with an Official Champion Ring from Jostens. Champion rings come in eight stone colors with a metal choice of either White Lustrium or Yellow Sunscast. Customize the sides of your ring with your name, number, school or mascot. The OSAA logo and activity panel depicting your championship will decorate the sides of your Champion Ring. You may also order a Champion Ring from previous years. Contact your Jostens representative or call 800.839.7125 to order.



I-5  
Exit 189

# OSAA State Championships

**U.S. BANK LES SCHWAB TIRES**

## 2009 Cross Country State Championships

November 7, 2009  
Lane Community College  
4000 E 30th Avenue, Eugene, OR 97405

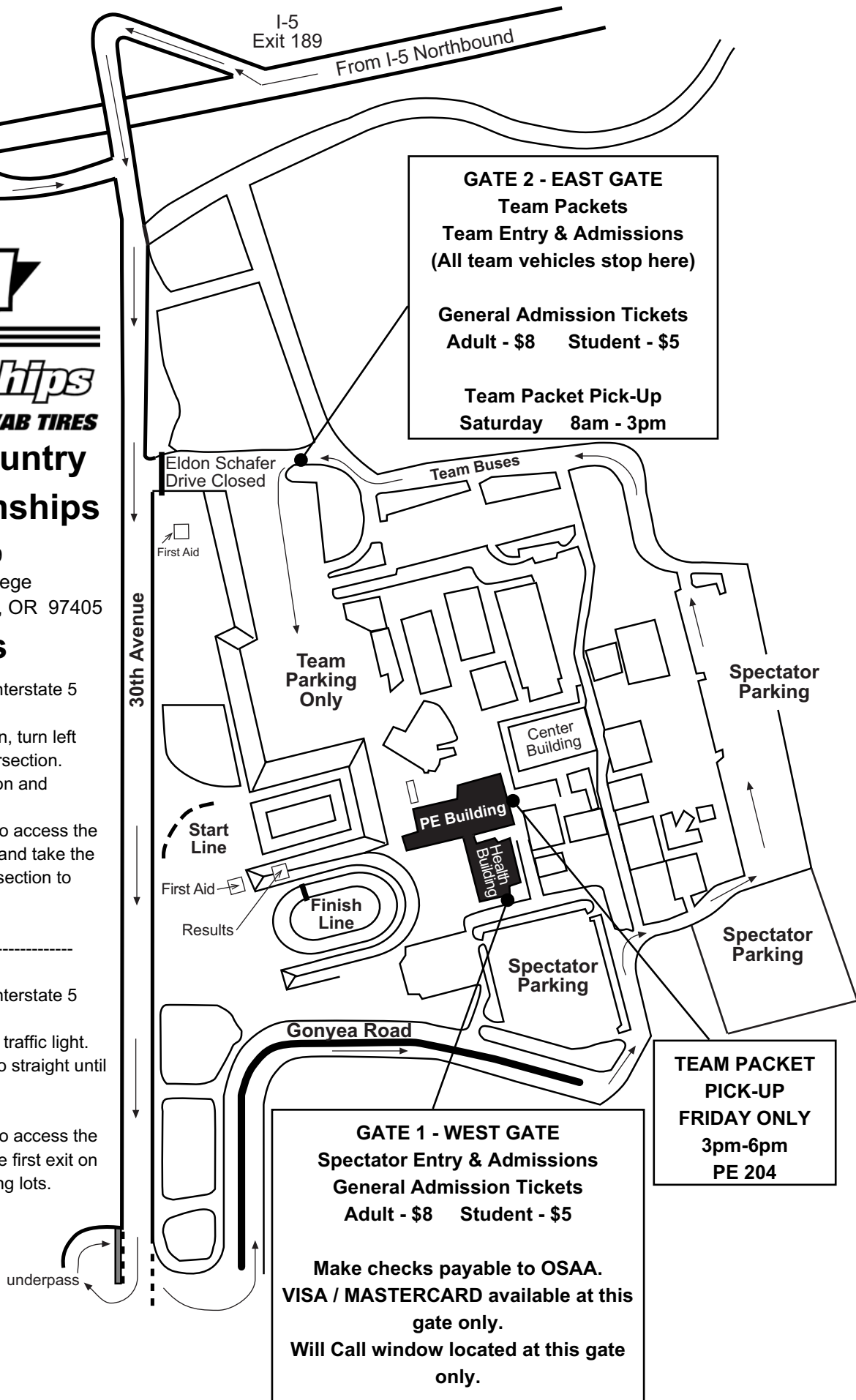
### Directions

Northbound (from the south) on Interstate 5

Take exit 189, and at the stop sign, turn left and continue west to the first intersection. Go straight through the intersection and continue along 30th Avenue. Turn left on Eldon Schafer Drive to access the east parking lots, or stay on 30th and take the first exit to the right after the intersection to access the west parking lots.

Southbound (from the north) on Interstate 5

Take exit 189 and continue to the traffic light. Turn right at the traffic light and go straight until the next intersection. Turn right at the intersection. Turn left on Eldon Schafer Drive to access the east parking lots or continue to the first exit on the right to access the west parking lots.



**GATE 2 - EAST GATE**  
**Team Packets**  
**Team Entry & Admissions**  
 (All team vehicles stop here)

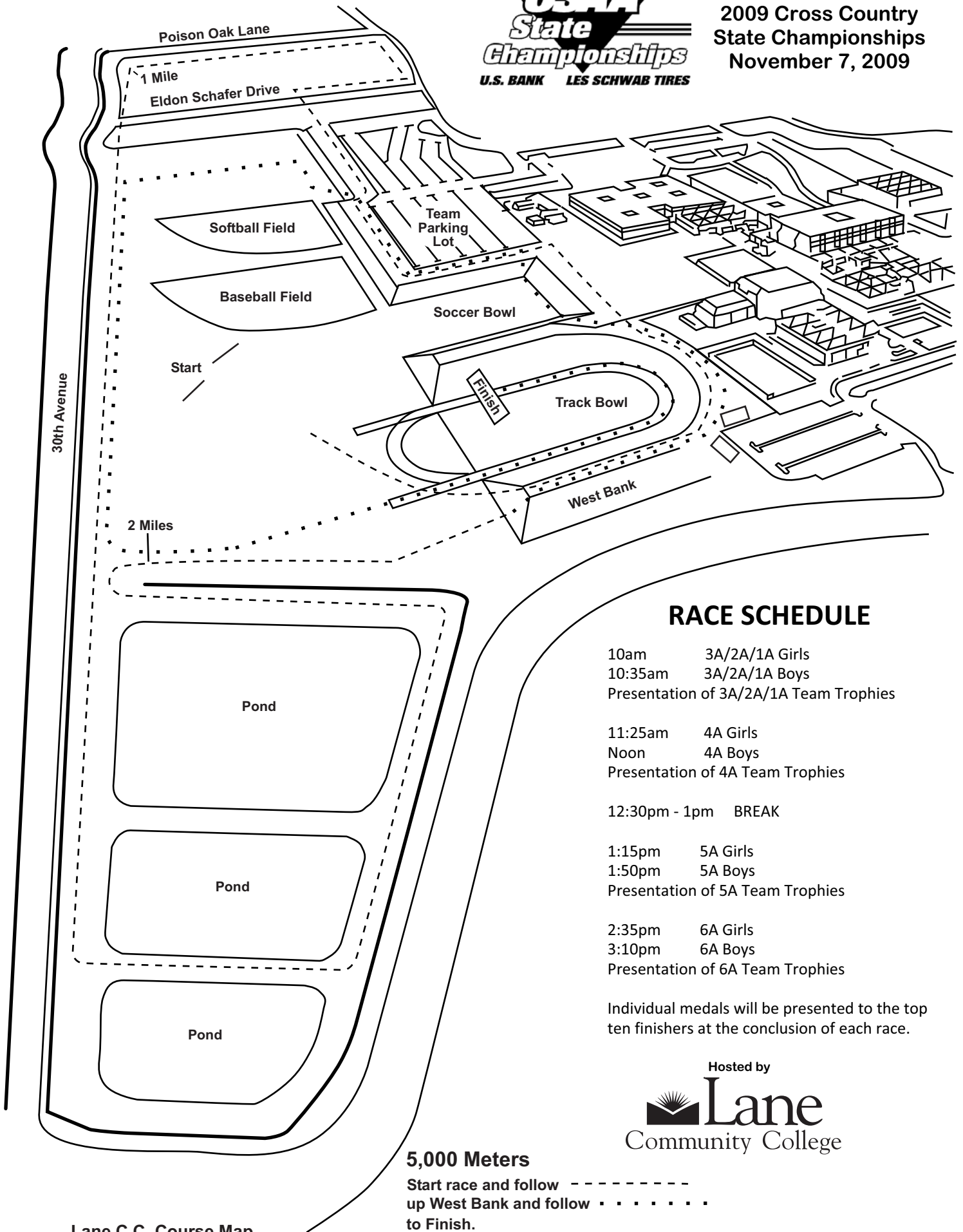
**General Admission Tickets**  
 Adult - \$8    Student - \$5

**Team Packet Pick-Up**  
 Saturday 8am - 3pm

**GATE 1 - WEST GATE**  
**Spectator Entry & Admissions**  
**General Admission Tickets**  
 Adult - \$8    Student - \$5

Make checks payable to OSAA.  
**VISA / MASTERCARD available at this gate only.**  
**Will Call window located at this gate only.**

**TEAM PACKET  
 PICK-UP  
 FRIDAY ONLY  
 3pm-6pm  
 PE 204**



**RACE SCHEDULE**

10am 3A/2A/1A Girls  
 10:35am 3A/2A/1A Boys  
 Presentation of 3A/2A/1A Team Trophies

11:25am 4A Girls  
 Noon 4A Boys  
 Presentation of 4A Team Trophies

12:30pm - 1pm BREAK

1:15pm 5A Girls  
 1:50pm 5A Boys  
 Presentation of 5A Team Trophies

2:35pm 6A Girls  
 3:10pm 6A Boys  
 Presentation of 6A Team Trophies

Individual medals will be presented to the top ten finishers at the conclusion of each race.

Hosted by  
 **Lane**  
 Community College

**5,000 Meters**

Start race and follow -----  
 up West Bank and follow .....  
 to Finish.