



2009 OSAA Cross Country Plan



GENERAL CROSS COUNTRY INFORMATION

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1. SEASON DATES:

August 24.....	Practice Starts
September 3	First Contest
October 31 or before.....	District Meets
October 31	Cutoff
November 7	State Championships

2. STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2009 Cross Country State Championships will be posted on the OSAA website (www.osaa.org) on Friday, October 9. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, souvenir merchandise, etc.
- b. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website (www.osaa.org) on Friday, October 9. Each District Meet Director must submit all state championship entries electronically.

3. STATE CHAMPIONSHIPS LOCATIONS AND TIMES:

- a. **Finals:** Finals will be held on Saturday, November 7 at Lane Community College.

Lane Community College
 4000 E. 30th Avenue
 Eugene, OR 97405

- b. **Race and Awards Schedule:**

10:00 a.m. – 3A/2A/1A Girls	1:15 p.m. – 5A Girls
10:35 a.m. – 3A/2A/1A Boys	1:50 p.m. – 5A Boys
Presentation of 3A/2A/1A Awards	Presentation of 5A Awards
11:25 a.m. – 4A Girls	2:35 p.m. – 6A Girls
12:00 p.m. – 4A Boys	3:10 p.m. – 6A Boys
Presentation of 4A Awards	Presentation of 6A Awards
12:30 – 1:00p.m. - BREAK	

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

4. QUALIFICATION FOR STATE CHAMPIONSHIPS:

- 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.

5. STATE CHAMPIONSHIPS – TEAM SIZE: (OSAA Handbook, Executive Board Policies under Individual Sport Substitutions) Maximum in uniform: 7.

- 6. AWARDS:** Team trophies will be presented according to the race schedule listed above. Individual medals will be presented to the top finishers immediately following each race.
- Trophies** – Champion through fourth place trophies will be presented to the top teams in each race.
 - Medals** – Individual medals will be presented to the top ten finishers of each race. Nine medals will be presented to both the champion and second place teams in each race.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS **2009 CROSS COUNTRY RULES**

Order a 2009 NFHS Track and Field and Cross Country Rules Book on the [OSAA Rules Book Order Form](#) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS Cross Country Rules visit www.nfhs.org.

OSAA CROSS COUNTRY POLICIES

- OSAA ADOPTED RULES AND INTERPRETATIONS:** The NFHS 2009 Track and Field and Cross Country Rules Book will be used.
- PARTICIPATION LIMITATIONS:** (*OSAA Handbook, Participation Limitations*)
 - Team:** A school team shall not compete in more than twelve meets at each level of competition, exclusive of the varsity district meet and state championships. There is no limitation on the number of schools that may participate in a cross country meet. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
 - Individual:** A student shall not compete in more than twelve meets, exclusive of the varsity district meet and state championships.
- FALL SPORTS PRACTICE MODEL:** (*OSAA Handbook, Executive Board Policies*) At the recommendation of the OSAA Medical Aspects of Sports Committee, the OSAA Executive Board adopted a Fall Sports Practice Model. Each year all Fall student-athletes are required to adhere to the practice regimen contained in the [Fall Sports Practice Model](#).

A key component of the Fall Sports Practice Model involves calculating the current heat index for your area. To calculate the heat index use the [OSAA Heat Index Calculator](#).
- INTERRUPTED CONTESTS:** (*OSAA Handbook, Executive Board Policies*) Contest shall be continued from point of interruption unless the teams mutually agree otherwise or there are athletic district rules that apply. If the contest does continue, and the interruption occurred during a race, that race shall be re-run.
- CONTESTS – SPORTSMANSHIP – CROWD CONTROL:** (*OSAA Handbook, Rules*)
 - Sportsmanship Responsibility:** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. When a petition is filed alleging violation of this Rule 3-2, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this Rule 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.
 - Sportsmanship Violations / Penalties:** When the students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any festival, meet, contest or tournament sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. Any school whose students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

6. SPECTATOR CONDUCT AT OSAA EVENTS: *(OSAA Handbook, Rules)*

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. 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.
- b. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- c. 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)
- d. 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)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.
(Revised Fall 2008)