



**WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION  
731 EAST 2<sup>ND</sup> STREET  
CASPER, WYOMING 82601-2620**

**STATE CROSS COUNTRY MEET  
SATURDAY, OCTOBER 22<sup>ND</sup>, 2016**

**Sheridan V.A. Hospital Grounds  
Sheridan, Wyoming**

Meet Director: Don Julian, Activities Director, Sheridan High School  
Work Phone: 672-2495; Cell Phone: 752-0342  
Referee: Ron Laird, WHSAA Commissioner

**ENTRY DEADLINE: PLEASE BE ADVISED THAT THE ENTRY FORM IS LOCATED ON THE WHSAA WEB PAGE ([www.whsaa.org](http://www.whsaa.org)). PLEASE CONTACT YOUR ATHLETIC DIRECTOR OR PRINCIPAL TO COMPLETE THE FORM.**

Entries are to be sent to the WHSAA at their website. If you need directions for your entries please refer to the directions below. **ENTRIES MUST BE RECEIVED BY MONDAY, OCTOBER 17, 2016.** Please enter the appropriate grade level for each athlete.

**ENTRY DIRECTIONS:**

Go to [www.whsaa.org](http://www.whsaa.org), click on General Links on the left navigation bar, click on Forms, then click on the E1 - Cross Country form link.

Select your school from the drop down list.

- 1.Fill in your Boys Team Members and select their grade from the drop down list.
- 2.Fill in your Boys Team Alternate Members and select their grade from the drop down list.
- 3.Fill in your Girls Team Members and select their grade from the drop down list.
- 4.Fill in your Girls Team Alternate Members and select their grade from the drop down list.
- 5.Fill in the coach box.
- 6.Fill in the Principal or AD box.
- 7.Click Submit Entry form.
- 8.Then you can print off the confirmation page that should load after you clicked on Submit.

**TEAM PICTURE:** Please e-mail a color and identified team picture to Deb Hanson at [debbie.hanson@scsd2.com](mailto:debbie.hanson@scsd2.com) by noon Tuesday, October 11th, 2016 for the program. It would be great to get these pictures prior to the 11th if possible.

**PARKING:** ALL team buses will park on “The Loop” nearest to the start / finish lines of the course. ALL Parking on “The Loop” will be right side parking only and the traffic will flow “One Way” to the right in “The Loop”. Bus parking will be designated and pointed out upon your arrival.

**DIRECTIONS TO THE VA HOSPITAL:**

The VA is located on Fort Road. Take Exit 20 (The last exit to the North) off of I-90 and travel south for a little over ½ mile on Main Street to Fort Road located just past the railroad tracks. Turn right on Fort Road / Hwy 337 and follow the road up the hill for about ¾ of a mile and it will run right into the VA Grounds Entrance. Continue for a little over a half mile along the tree lined street until you get to an intersection with a parking lot to the left. Stay on the main road to the left and you will enter the race area near the flagpole. Please park the buses on the right hand side of the street of “The Loop”. “The Loop” will circle around and end up near the flagpole / Start Line.

**CHECK IN:** Team packets may be picked up by the coaches between 2:00 – 6:30 p.m., Friday, October 21st, 2016 at the course, or at the coaches meeting on Saturday morning at the course. Packets will include course maps, chute instructions, programs, contestant number and meet instructions. Please read all of the material carefully and pass the information along to all athletes.

**DRESSING ROOMS:** Dressing room facilities will not be provided at the course. Teams should dress at their motel. If you desire showering facilities after the race they will be available at Sheridan High School. There will be portable restrooms at the course. The V.A. Facility will be closed to all athletes.

**HOSPITALITY:** We will be providing lunch and refreshments for coaches, workers and bus drivers on sight.

**COACHES MEETING:** There will be a voluntary head coaches meeting at the V.A. facility at 9:00 AM in room LC200. A review of instructions for coaches and runners concerning the finish procedures will take place. The Wyoming Coaches Association Representative, Rex Hohnholt of Saratoga, will hold a brief coaches meeting to address any concerns you may have.

**STARTING TIMES:**

1. 4A Girls- 10:30 a.m.
2. 3A Girls- 11:00 a.m.
3. 2A Girls- 11:30 a.m.
4. 4A Boys- 12:15 p.m.
5. 3A Boys- 12:45 p.m.
6. 2A Boys- 1:15 p.m.

**Awards Ceremony:** This will follow the last race.

**RULES:** The rules and regulations governing the State High School Cross Country Championships are found in the National Federation Edition of Track and Field Rules.

**COURSE MARKINGS:** The course will be marked using flags, cones, and a painted white line. It is your responsibility to see that each of your runners know the course.

**Review of the Course:** There will be a white painted line directing runners to the flags and cones. You may review the course from 2:00 p.m. until 6:30 p.m. on Friday, October 21st and Saturday, October 22nd until 10:00 a.m.

**CONTESTANT NUMBERS:** Numbers will be provided by the WHSAA and are to be worn on the front of the uniform.

**ADMISSION:** Admission for the public is \$4.00 for adults and \$2.00 for students.

**STARTING LINE ASSIGNMENTS:** Starting line assignments drawn by lot will be in your team packet.

**COURSE:** Each race will be 5,000 meters. There will be a lead vehicle and marshals throughout the course as well as a trail cart to assist any runner in distress.

**Girls Overall Course Record: Calbi Ausmann / Newcastle 18:30 (2014)**

**Boys Overall Course Record: Jonah Henry / Laramie 15:22 (2013)**

**MEDICAL:** There will be a trainer on site to assist you in your medical needs.

**FINISH AND TIMING SYSTEM:** The races will be processed using the HyTek Meet Manager Program with hand held timing.

**AWARDS:** Awards will be presented shortly after the completion of the last race. Awards are provided by the WHSAA and will be presented by Ron Laird, Commissioner and Don Julian, Meet Director.

**RESULTS:** Results will be available near the flagpole at the completion of the awards ceremony. Results will be posted on the WHSAA web site.

**FINE DESIGNS** will be selling WHSAA State Cross Country apparel near the finish line.

**COURSE:** Wyoming State Cross Country Championship Course  
Sheridan V.A. Hospital Grounds

