



2024 State Cross Country Meet
October 26, 2024
Little America
Cheyenne, Wyoming

Meet Directors: Wendy Johnson, Activities Director South High School, 307-274-5795
Jerry Schlabs, Athletic Director, East High School, 307-286-1663
Barry Ward, Athletic Director, Central High School, 307-214-2139

Referee: Trevor Wilson, WHSAA Commissioner
Starter: John Binning

ENTRY DEADLINE: PLEASE BE ADVISED THAT THE ENTRIES WILL BE MADE ON MILESPLIT WEBSITE IS <https://www.milesplit.com> PLEASE USE THIS SITE TO REGISTER YOUR ATHLETES. The name of the meet is: WHSAA State Cross Country Championships 2024.
(<https://wy.milesplit.com/meets/638471>)

ENTRIES MUST BE RECEIVED BY MONDAY, OCTOBER 21, 2024, by 4:00. Please enter the appropriate grade level for each athlete.

TEAM PICTURES: Please email a color and identified team picture to Wendy Johnson at wendy.johnson@laramie1.org by 12:00 pm on Oct. 4, 2024. It would be great to get these pictures prior to the 4th if possible.

STUDENT ATHLETE RECOGNITION: Please provide the name and a picture of one student athlete from your school. These are due by Oct. 4th so they can be included in the program.

The named student athlete may be:

- Male or female
- The best, the slowest, or a middle of the pack runner
- Any year in school

The named student athlete should be one that:

- Shows concern for others,
- Practices outstanding sportsmanship,
- Respects/celebrates diversity of others,
- Contributes to the betterment of their school and community,
- Has a strong work ethic and encouraging attitude to others.

PARKING: All buses and vans will drop Athletes at Little America and park at the remote parking area that will be available (more details to come later). Spectators can park at the east side of Little America until the lot is full and then will be directed to the remote lot. Wheelchair handicapped parking will be available at Little America by the Golf Course Clubhouse on a limited basis.

CHECK IN: Team packets may be picked up by the coaches on Friday, October 25, 2024, at Little America Clubhouse or at the coaches meeting on Saturday morning. Packets will include course maps, programs, contestant number and meet instructions. Please read all the material carefully and pass the information along to all the athletes.

DRESSING ROOMS: Dressing room facilities will not be provided at the course. Teams should dress at their hotel. There will be portable restrooms on the course.

HOSPITALITY: We will be providing lunch and refreshments for coaches, event staff and bus drivers at the hospitality tent near the Clubhouse.

COACHES MEETING: There will be a voluntary head coaches meeting at 8:45 AM by the Hospitality. You can pick up your coaches' packets there if you do not receive them on Friday. A review of instructions for coaches and runners concerning (bibs, camera, 30 minutes to appeal) to finish procedures will take place.

STARTING TIMES:

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

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 and cones. It is your responsibility to see that each of your runners knows the course. A course video has been sent to all schools.

We will have marshals around the course. You may review the course from 1:00p.m. until 5:30 p.m. on Friday, October 25th and Saturday, October 26th until 9:30 a.m.

CONTESTANT NUMBERS: Numbers will be provided by Finish Line Timing and are to be worn on the front of the uniform. Do not wrinkle them up, you will damage the chip.

ADMISSION: There will be a charge of \$5 adults and \$3 senior citizens, military and children. We are using GoFan and the QR is located in this packet. Since this is a WHSAA State event no passes, except those allowed by WHSAA, are accepted.

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

COURSE: Each race will be 5,000 meters. Marshals will be throughout the course as well as a trail cart to assist any runner in distress. A video of the course has been uploaded to the WHSAA website.

Girls Overall Course Record: Ryann Smith Rawlins HS 19:17.8

Boys Overall Course Record: Owen Burnett Mountain View HS 16:11.5

ATHLETIC TRAINING: There will be athletic trainers on site to assist you with your medical needs.

FINISH AND TIMING SYSTEM: Finish Line Timing will be timing the races. We will have the bibs in your coach's packet. Please give the correct bib to the correct person because it is linked to their system.

RESULTS: Will be available at the finish line at the completion of each race at <http://www.whsaa.org> and <http://www.milesplit.com> after the races are completed.

AWARDS: Awards will be presented at the conclusion of the last race at the Awards stand by the Clubhouse area at Little America. Awards are provided by the WHSAA and will be presented by Miss Frontier.

CONCESSIONS: Limited concessions provided by Little America will be available near the Clubhouse

LITTLE AMERICA BLOCK ROOMS:

Little America is offering discounted rooms for teams, \$115 (tax exempt).

Below is the information to either call or book online:

Group Block Name: South High School Cross Country

Dates: October 25-27, 2024

Last Day to Book at Discounted Rate: September 30, 2024

**Room types are based on hotel availability at the time of booking*

Check-in: 4:00pm // Check-out: 11:00am

Our toll-free number to call to make a reservation is 800-235-6396.

Or use the link below to book online...

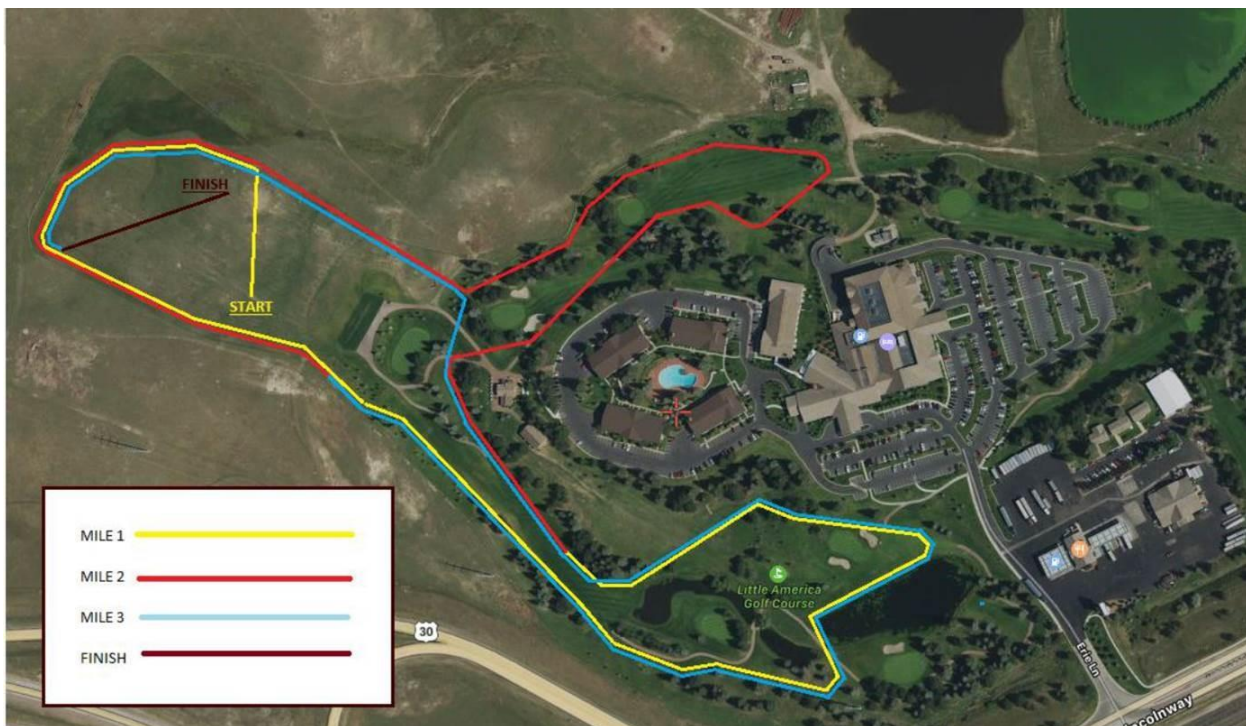
<https://reservations.travelclick.com/4651?groupID=4401347>

SCHEDULE:

October 26	Team Race Packets and bibs can be picked up at Little America.
10:00 am	Grand entry present flag. Miss Frontier and Lady-in-Waiting
10:15 am	Color Guard to present colors
10:30 am	2A Girls Race
11:00 am	4A Girls Race
11:30am	3A Girls Race
12:00pm	2A Boys Race
12:30pm	4A Boys Race
1:00pm	3A Boys Race
After last race	Awards

Map of Little America race route

Yellow is the starting line; Brown is the finish line.



Map of Race Area and Parking

More details will be sent at a later date.



BUY TICKETS **ONLINE**

USE THE QR CODE BELOW, OR
VISIT [GOFAN.CO](https://www.gofan.co) & SEARCH
SOUTH HIGH SCHOOL



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