

2019 SeaTac Cross Country League Guidelines

WIAA Policy Reminders

- Practices may begin on the date indicated by the WIAA, August 26, 2019. Coaches are reminded to be versed on WIAA practice rules and guidelines regarding eligibility and what constitutes a practice. These rules are explained in the WIAA handbook. Athletes must have a minimum of 10 practices (full participation) before competing in their first meet, including jamborees. Coaches are reminded to enforce the WIAA rules for uniforms during league meets. In addition, Coaches should be versed with the NFHS 2019 cross-country policies and complete the WIAA online cross-country rules clinic, WIAA rules, concussion management and sudden cardiac awareness.

SeaTac League Policies

- Coaches need to register for meets using Athletic.net and must identify their 7 (seven) varsity runners prior to the beginning of the meet on Athletic.net. Any runner that is not listed as one of the 7 "varsity" runners shall be deemed JV and will not count towards the scoring total no matter their placing and/or finish. Team scoring will be determined by the total points of the first 5 (five) runners (indicated on the list of 7) from that school to cross the finish line. Any school which does not have a full scoring team (5 runners) that starts or finish the race will not be included in the team scoring.
- NFHS/WIAA rules shall be enforced at all league meets including jewelry and uniform rules.

League Championship Policies

- Those individuals that finish in the top 7 places at the league championship will be awarded first team honors. If the top 1/3 of all those running exceeds the first team members, the runners in places 8 through 15th will be awarded second team all-league, and any runners after 15th place in the top 1/3 will be awarded an honorable mention. The winner of the League Championships will be recognized as the league MVP and be the first member of the 1st team all-league.
- If a participating school has no runner, representing either gender, who is receiving an all-league certificate according to the parameters herein, an honorable mention will be awarded to the highest placed runner from said school, ensuring all schools are recognized.
- To be eligible for the League Championships, athletes must compete in at least 1 league meet and must be on the team roster on athletic.net by the date specified in the WIAA handbook for 2019.
- League championship race times will be as follows: The **Girls Race at 3:30 PM, and the Boys' Race at 4:15 PM**. This will account for seasonal darkness.
- A school can provide individuals to help at the League Championship meet in October. Those individual's names need to be sent to the League

Commissioner at least one week before the event. They may be used for timing, finish line, check-in, and/or course marshal.

- If there are at least two teams (each gender), a League Championship will be awarded/decided at the League Championships in October.

League Meet Hosting Policies

- Host schools must reserve the park with the park system and pay any necessary fees.
- All league meets shall follow the same schedule/start time; Girl's HS @ 4:00pm, and Boy's HS @ 4:45pm. In the event that the races are combined due in part to low turnout, a combined Boys' & Girls' race will begin at 4:30pm. Host schools are responsible for communicating meet date and location to League Coordinator and league coaches asap. It is recommended that meets be on Thursdays. **Please confirm start times on Athletic.net prior to every race. They may be different than the schedule.**
- All athletes must be registered by 9:00 pm two days prior to race day (ex: race on Wednesday, athletes registered by 9:00 pm on Monday)
- Races can be combined with host and coaches' approval.
- Host schools may elect to invite non-league teams to provide a fuller field/more competition. Non-league schools are required to be WIAA members and obtain approval from the league coordinator AD. The league coordinator must receive notice of any non-league schools competing in a league meet at least one week prior to competition and Athletic.net should reflect the team's participation. Those non-league teams will not be included in the team scoring.
- Host school is responsible for establishing a well marked route using guidelines set forth in the NFHS Cross-Country/Track & Field Rules book. Wherever possible this includes marking corners appropriately, correct finish chute length and design (at least 50' long and narrowing to width of one runner at end of chute), and providing course judges where appropriate to help athletes stay on course. In lieu of having properly color coded flags to mark corners, corners should be marked with flags/cones on both inside and outside of corner. Color coded arrows should be chalked/painted showing direction of correct path and when possible using one color for left turns (preferably red) and another for right turns (yellow).
- Host school is also responsible for providing finish line personnel and timer(s). Race course should be at least 4800m in length and no more than 5000m. Every attempt should be made to make course exactly 5K/3.1 miles. Official course length must be communicated to league coaches prior to the race.
- Race results should be posted on Athletic.net no later than 10:00 pm the night of the meet or emailed to all ADs/Coaches within five hours of the completion of the race and preferably immediately following the race.

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