

DATE: October 14, 2013
TO: Athletic Directors, Coaches, Runners and Fans
FROM: Mark Stephan, Wamego High School Athletic Director
Rick Patton, Wamego High School Cross Country Coach
RE: 1-2-&-4A 2013 KSHSAA State Cross Country Meet
Wamego Country Club
Wamego, Kansas
Saturday, November 2, 2013

Congratulations! Wamego High School and the City of Wamego welcome you to the 2013 State Cross Country Meet. We hope your time here is an enjoyable experience. The following information should be helpful to you.

CLASS	RACE TIME	AWARDS TIME
1A Girls	10:00 AM	12:30 PM
4A Boys	10:30 AM	1:00 PM
2A Girls	11:00 AM	1:30 PM
1A Boys	11:30 AM	12:45 PM
4A Girls	12:00 PM	1:15 PM
2A Boys	12:30 PM	1:45 PM

Coaches meeting: There will be a short coaches meeting right before the start of each race. The coaches will be called forward for that meeting.

Course: The following link will take you to the map of the state race course. Scroll to the bottom of previous years' state results to locate the course map.

<http://www.usd320.com/HighSchool/Activities/CrossCountry/State.aspx>

To see an aerial view of the golf course, go to the link that follows. The picture is at the bottom of the page below the 2012 schedule.

<http://www.usd320.com/HighSchool/Activities/CrossCountry/default.aspx>

The course will **NOT** be available for preview or warm-up on Friday, November 1st. This is at the request of the Wamego Country Club. Thanks for your understanding and cooperation on this matter.

Admission: The admission price will be **\$6.00 for students K-12 and \$7.00 for adults**. This price is set by KSHSAA.

Pass Gate: Two coaches and one manager will be admitted free of charge at the pass gate. The competitors enter the course at the same pass gate. Superintendents, principals and athletic directors in attendance will be admitted free of charge at the pass gate.

T-shirt: Championship T-shirts will be available at a table near the concession stand. They will be 100% preshrunk heavy weight cotton.

Short Sleeve T-Shirt; Small – X-Large \$15.00, & XX-Large \$16.00.

Long Sleeve T- Shirt; Small – X-Large \$18.00 & XX-Large \$19.00.

Performance T-Shirt; Small – X-Large \$23.00 & XX-Large \$24.00

Hooded Sweatshirts: Small – X-Large \$25.00 & XX-Large \$26.00.

*******Coaches and A.D.'s:** If you wish to purchase a number of shirts for your team, you may contact me ahead of the meet with number of each type of shirt and sizes. We will have them bagged for you at the shirt stand. Make your check payable to "**Sunflower Marketing**". We will only provide this service to schools, not individuals. The preferred method of contact is by e-mail: stephanm@usd320.com I will reply back to confirm that I've received your advanced order.

No advance shirt orders will be taken after 3:00 pm on Thursday, October 31st.

Dressing: Dressing rooms and showers **will not be available**. The restrooms at the entrance to the stadium will be open for your use.

Parking: All buses, vans, and cars will be parked in the Wamego Sports Complex parking lot directly across from the Golf Course. We ask that all buses and/or school vehicles park along the south side of the lot as close to the football stadium as possible. Please do not park on Highway 24 or along Columbian Road.

Scoring: *Heartland Timing has been contracted by KSHSAA to score the championship races. Each competitor will receive a timing chip (2) to attach to each shoe. The chips correspond to the assigned competitor bib and hip numbers. A finishlynx camera and a identilyn timer camera will be used to place runners that are very close when crossing the finish line. The determining factor for order of finish is the torso crossing the finish line.*

Returning Timing Chips: Well past the finish line, we will have benches for competitors to sit and remove the timing chips before leaving the competitor finish area. Workers will have tables set up to collect the chips and ensure all chips that were issued are returned. Coaches will not be able to pick results up from Heartland Timing if their competitors' timing chips are not accounted for. A fee of \$10 per chip not returned will be assessed to any school whose athlete(s) do not return the assigned chips.

Results: Coaches will be able to pick up race results once Heartland Timing has finalized the results of each race. Hard copies of the results will be at the finish area near the tent or van that Heartland Timing is working from. Heartland Timing will post real-time results of each state race on their website as well for coaches and fans to access: <http://www.heartlandtiming.com/index.htm>

Parents and Fans: Parents and other fans **WILL NOT** be allowed near the finish line/trailer area. People working in the trailer will only field questions or concerns from coaches, not parents. People other than coaches will be escorted away from the area. Coaches please share this with your parents. Thank you.

Pets: Please do not bring pets onto the cross-country race area or golf course. Our admissions attendants will not allow anyone to enter with animals other than ones required for handicapped assistance.

Awards Location: The award presentations will be inside the sport complex stadium to take advantage of the permanent sound system. The stadium seating allows all a clear view of the individuals and teams as they receive their awards.

Awards: The **top 20 individuals** will be awarded medals. The **top 3 teams** from each race will receive team plaques and team medals. Please pay attention to the award times!

Time on the Course: Times will be given at the 1-mile and 2-mile marks.

Course markings: A white paint line will mark the entire course. If we have inclement weather, the runners will always run between the red flag markers. *****Coaches/runners are not allowed to place flags or any other markers on the race course.*****

Course Inspectors: Inspectors will be stationed around the course for the purpose of identifying any runner who might intentionally take advantage by cutting or performing any unsportsmanlike act to interfere with other runners. **Any runner performing an unsportsmanlike act shall be disqualified.**

Restrooms: There will be 6 portable restrooms (Johnny's on the job) located right across from the golf course entrance and 2 restrooms in the stadium. (Please note it will take you 5 minutes to walk to and from the restrooms in the stadium). **We will place 2 portable restrooms just outside the district bus lot directly west of the starting chutes. These can be used by anyone, but runners should be given the opportunity to go to the front of the line if their race is starting soon.**

Rules Committee: The rules committee will be made up of three coaches from each respective class and will be contacted ahead of the meet date by Rick Patton. If the rules committee is needed, those coaches will be called to the white trailer at the finish line.

Chute: Workers assisting in the chute will keep runners finishing the race moving away from the finish line area. Placing is electronically determined (chip timing) with a finishlynx camera and a identilyn timer camera used for back-up if necessary. **The torso crossing the finish line is the determining factor for order of finish.**

Picking up Information: WHS Cheerleaders will be handling out packets of information for all participating schools. They will include everything you will need including bib numbers and pins. If you need more pins, come to the finish line/tent area and ask for more. These packets will be located right inside the entrance gate.

Uniform rules: Coaches, please, **PLEASE**, double check and triple check your athletes on the uniform rules before your athletes run. We don't want any runner to be disqualified. Our clerk lining up runners in the chutes will be checking for uniform violations as well. Please give the clerk your school's "Sportsmanship & Legal Uniform" card during check-in at the chutes.

Concessions: There will be a concession stand set up inside the golf course admissions area north of the finish tent and another concession stand at the stadium where the awards will be presented.

Area Motels: Wamego has two local motels:
Simmer Motel (785-456-2304) 1215 W. Hwy 24 www.simmermotel.com
Wamego Inn and Suites (785-458-8888) Hwy 24 & Lilac Street. <http://wamegoinn.com/>
Manhattan has a number of motels on the east side of town within 12 miles of Wamego:
<http://www.manhattancvb.org/index.asp?nid=28>

Area Restaurants: Wamego has the following eating establishments:

Concessions at the State Cross Country Meet- on the golf course & at the stadium during awards
Barleycorn's Deli – 410 Lincoln
La Hacienda - 1705 Commercial Circle
Gene's Heartland Foods Deli- 1003 Highway 24
The Friendly Cooker- 520 Lincoln Street
Friendship House- 507 Ash Street

Gambino's Pizza- 1401 W. Highway 24
Imperial Palace (buffet)- 1701 Commercial Circle
Kreem Kup Drive-In- 601 E. Highway 24
McDonalds- 701 Highway 24
Pizza Hut- West Highway 24
Rambler's Steak House- 404 Elm Street
Sonic Drive-In- 1001 Lincoln Street
Subway- 807 Highway 24
Toto's Tacos- 515 Lincoln Street

Any questions please feel free to contact our office at 785-456-2214.
Mark Stephan- Athletic Director, Wamego High School