2024 Section 4AA/AAA Cross Country Championship Meet
Minnesota State High School League

Date: Wednesday, October 23, 2024
Location: Highland Nine Hole Golf Course
1797 Edgcumbe Rd.
St. Paul, MN 55116

Meet Manager: Scott Stallman stallmanscott@mediacombb.net
Jeff Whisler, Section 4AA/AAA Executive Secretary

4AA Schedule:

9:15	On Course
10:00	Coaches Meeting (finish corral) Coaches must turn in the filled out, signed uniform verification form to receive team packet with bib chips.
10:40	Boys 5K Race
11:30	Girls 5K Race
12:30	Awards

Starting Line:

Box	Team	Box	Team
1	Hill-Murray	7	Mahtomedi
2	North	8	St. Paul Johnson
3	St. Paul Washington	9	St. Paul Como Park
4	DeLaSalle	10	Fridley
5	Minneapolis Edison	11	Minneapolis Camden
6	St. Anthony Village	12	Totino Grace
		13	Columbia Heights

Entrants: Each boys and girls team may enter up to nine (9) athletes. Seven (7) shall report to the clerk of course the day of the meet and run in the race. Runners will personally check in by number and name to the clerk (15) minutes before race time. Be sure your entrants are listed on your roster at mshsl.org.
For this meet, the governing committee is the group listed under meet management above. The certification of the roster occurs at the deadline for roster entry as stated below.

Entries: Entries are due by 8:00 p.m. on Friday, October 18, 2024 at: http://athletic.net For help contact: tfentries@wayzataresults.com or refer to "contact host" at the top of each sectoin page.

Parking: Bus drop off along Montreal and pick up along Montreal at the conclusion of the meet. Parking is available at the municipal pool lot and along Montreal between West 7th St. and Snelling Ave. Team camps are recommended along Montreal in the trees lining the finish.

Scoring: Electronic chip timing, places and scoring will be provided by Wayzataresults.com results. Camera backup, provided by Wayzataresults, will be the final determiner in cases where chips may be too close to determine places.

Awards: There are team plaques to the championship and 2nd place for both boys and girls. Runners on those teams receive individual team medals. The top (6) individual runners not on one of the top two teams, receive individual state qualifier medals. Those teams and individuals advance to the state meet on Saturday, November 2, 2024 at Les Bolstad Golf Course, University of Minnesota. No substitutions are allowed for individual qualifiers. Teams may run any (7) of the (9) entrants they had for the section meet.

Jury of Appeals: The Jury of Appeals for 4AAA will be the coaches of Two Rivers, Stillwater, WBL & Woodbury along with Scott Stallman – Meet Manager. Meet Starter Dan Dornfeld will be the meet referee. For 4AA, the coaches of Totino Grace, Mahtomedi, St. Paul Como Park & DeLaSalle along with Scott Stallman – Meet Manager. As well, Dan Dornfeld will be the meet referee.

Trainer: A certified trainer will be on-site the day of the meet beginning at 8:30 a.m.

Uniforms: Refer to your copy of the 2024 NFHS rules and interpretations and the Minnesota rules modifications published by the MSHSL. Any uniform modifications due to extreme weather shall be determined by meet management.

Electronic Devices: MSHSL policies prohibit the use of electronic devices in the area of competition. The competition area is the entire site except for team camps. Please be sure your athletes do not have cell phones, iPods etc. anywhere near the race course, starting or finishing areas. All watches are legal.

Pets and Toys: Highland Nine Hole Golf Course does not allow pets on the course. Please have your athletes advise their parents and other fans of this policy. Absolutely no footballs, Frisbees, soccer balls or other objects are allowed at this meet! No Bicycles!

Course Cleanup: Teams are asked, prior to the awards, to clean their campsites. A garbage bag will be provided in your packet for you to use.

T-shirt Sales: Northwest Designs will be on site selling the official Section 4AA/AAA t-shirts. The logo has been custom designed for this meet. The logo is printed at the meet site on the selected shirt and the athlete can also have a portion of the meet day roster printed on the back which includes the entrants from his/her school.

Fan Behavior: Please remind your spectators that they are at the site for cross country. We ask that non-competing athletes and fans respect the runners preparation and refrain from

tossing footballs, Frisbees etc. **Bicycles are <u>not</u> allowed on the course!** Our announcer will also ask for their cooperation of these policies on meet day. No mechanical sounding devices (cow bells) are allowed by anyone other than meet personnel.

