



WYOMING HIGH SCHOOL ACTIVITIES ASSOCIATION
6571 EAST 2ND STREET
CASPER, WYOMING 82609

2020 WYOMING STATE 4A CROSS COUNTRY MEET
SATURDAY, OCTOBER 24TH

Paradise Valley Golf Course
70 Magnolia
Casper, Wyoming 82604

Meet Director: Terry Hooker, District Activities Director, Natrona County School District

Work Phone: 307-253-5461; Cell Phone: 307-262-4635

Referee: Terry Hooker, District Activities Director, Natrona County School District

PLEASE SEE THE ATTACHED MAP FOR DIRECTIONS TO PARADISE VALLEY GOLF COURSE LOCATED ON 70 MAGNOLIA STREET CASPER, WYOMING 82604

COURSE: Located at Paradise Valley Country Club, the course is mostly flat including 90% grass and 10% dirt. The start is to the south of the clubhouse (10th Hole fairway) and the finish is to the north of the clubhouse (9th Hole fairway). Maps will be in your coach/team packet and a large map will be posted at the clubhouse for spectator info.

There will be a lead vehicle and marshals throughout the course as well as a trail cart to assist any runner in distress.

The course will be open for review at 10:30 AM.

It is very important that each coach makes sure that his or her team members are fully knowledgeable of the course layout.

Please have athletes/parents stay off of the greens.

Parking: Drop off athletes on Primrose St. by hole number 9. A bus parking map is also attached. This location is adjacent to the finish line on Gardenia St, which turns into Primrose. Team buses will park in the Paradise Valley Elementary School parking lot located at 22 Magnolia Street Casper, WY 82604

STARTING TIMES:

Coaches Meeting -	12:15 P.M.
National Anthem -	12:50 P.M.
Girls Varsity -	1:00 P.M.
Boys Varsity -	1:40 P.M.

ENTRY INSTRUCTIONS: Go to <https://www.runnercard.com>, enter only the athletes that will be participating in the State Cross Country meet on October 24, 2020. Do not enter alternate/replacement runners at this time. Alternate/replacement runners may be swapped out until 11:00 A.M. on Saturday morning, October 24, 2020.

ENTRY DEADLINE: ENTRIES MUST BE RECEIVED BY MONDAY, **OCTOBER 19, 2020**. Please enter the appropriate grade level for each athlete.

TEAM PICTURE: Please email a color and identified team picture to Amanda Haptonstall at amanda_haptonstall@natronaschools.org by noon Wednesday, October 15th, 2020 for the program.

FEED YOUR TEAM: The Paradise Valley Country Club is offering several to-go meal options at an excellent rate of \$9/ meal. We hope this option will help you and your team on this busy and long day for many. Please contact Austin Ingram 307-267-1829 at the Paradise Valley Golf Course by no later than October 23 to place your order. The team's food will be ready for you at the time you request when placing the order.

The menu includes the following; Cheeseburger w/Fries, Ham or Turkey Sandwich w/Chips, or Chicken Strips w/Fries and Choice of Dipping Sauce, or Crispy Chicken Salad with Choice of Dressing. Each meal includes a bottle of water or a can of lemonade.

The clubhouse will have hot chocolate and coffee for sale for family, friends, and athletes to enjoy throughout the day.

HYDRATION: Water stations will not be provided for teams or spectators. Teams will provide their own water, Gatorade, etc.

SATURDAY CHECK-IN: Coach/Team packets may be picked up by the coaches upon arrival on Saturday, October 24th, 2020 at the entry to the clubhouse. Packets will include course maps, lot assignments, programs, contestant bib numbers, and meet instructions. Please read all the material carefully and pass the information along to all athletes.

CONTESTANT NUMBERS: Numbers (bibs) will be provided by the Wyoming High School Activities Association (WHSAA) and must be worn on the front of the uniform with the bib number being clearly visible.

DRESSING ROOMS: Dressing room facilities will not be provided at the course. Teams should dress before arriving or on your bus. There will be portable restrooms on the course. The clubhouse facility will be closed to all athletes.

COACHES MEETING: There will be a head coaches meeting at the clubhouse entry at 12:15 P.M. A review of instructions for coaches and runners concerning (chips, bibs,

camera, 30 minutes to appeal) the finish line procedures will take place. The Meet Director will hold a brief coaches' meeting to address any concerns you may have.
STARTING LINE ASSIGNMENTS: Starting line assignments drawn by lot will be in your team packet.

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.

FINISH LINE AND TIMING SYSTEM: There will be two timing systems set up at the finish line. One will be a manual system and the second is an electronic timing system with both systems relying on the bib number for recording each runner's time and place.

The electronic Jaguar timing system is an RFID chip system. The chip will be attached to the runner's bib that is provided by the Wyoming High School Activities Association (WHSAA). The athlete will be assigned a bib number by the WHSAA and will be included in the coach's packet. It is the coach's responsibility to give the athlete the assigned bib/chip number from the official roster provided in each team's race day packet. The bib and chip number must match, or the runner will be disqualified.

A popsicle stick will be given to each runner after crossing the finish line corresponding with the place the runner completed the race. Please instruct your runners upon crossing the finish line and receiving a popsicle stick to proceed down the chute to the official scorers. Runners are not to leave the finish chute before the official scorer has their bib number recorded.

The finish line will also have I-pads recording the finish line results.

Coaches and spectators will not be allowed around the finish line or the official's scoring table in order to alleviate congestion and possible mishaps.

RESULTS: Results will be posted on the Pro Shop results board at the completion of each race. Results will be posted on the following sites: <http://www.whsaa.org/> and <http://www.runnercard.com>

AWARDS: Awards will be presented after the conclusion of the last race near the finish line. Awards are provided by the WHSAA and will be presented by Terry Hooker, WHSAA Board Member, and Meet Director.

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.

ADMISSION: Free - No admission charge.

MEDICAL: There will be an athletic trainer on-site to assist you in your medical needs.

GIFT: Union Wireless, a Wyoming High School Activities Association (WHSAA) sponsor, has purchased socks as a gift for all Wyoming 4A State XC Meet participants. You will be able to pick up the socks when you pick up your coach's/team packet on Saturday morning. Thank you Union Wireless!!

COVID-19 GUIDELINES: The State XC Meets will follow the WHSAA SmartStart Guidelines. Exceptions have been granted by the WHSAA to not limit the number of runners at the start line. The number of teams in the meet is limited to the number of teams in each conference. Face coverings are required prior to the beginning of each race if social distancing of six feet cannot be maintained. Face coverings are not required during warming up or after the race begins. Runners will use face coverings at the finish line after a short recovery time and if social distancing of six feet cannot be maintained.

Coaches are to wear face coverings at all times when six feet of social distancing cannot be accomplished between coaches, athletes, spectators, and workers.

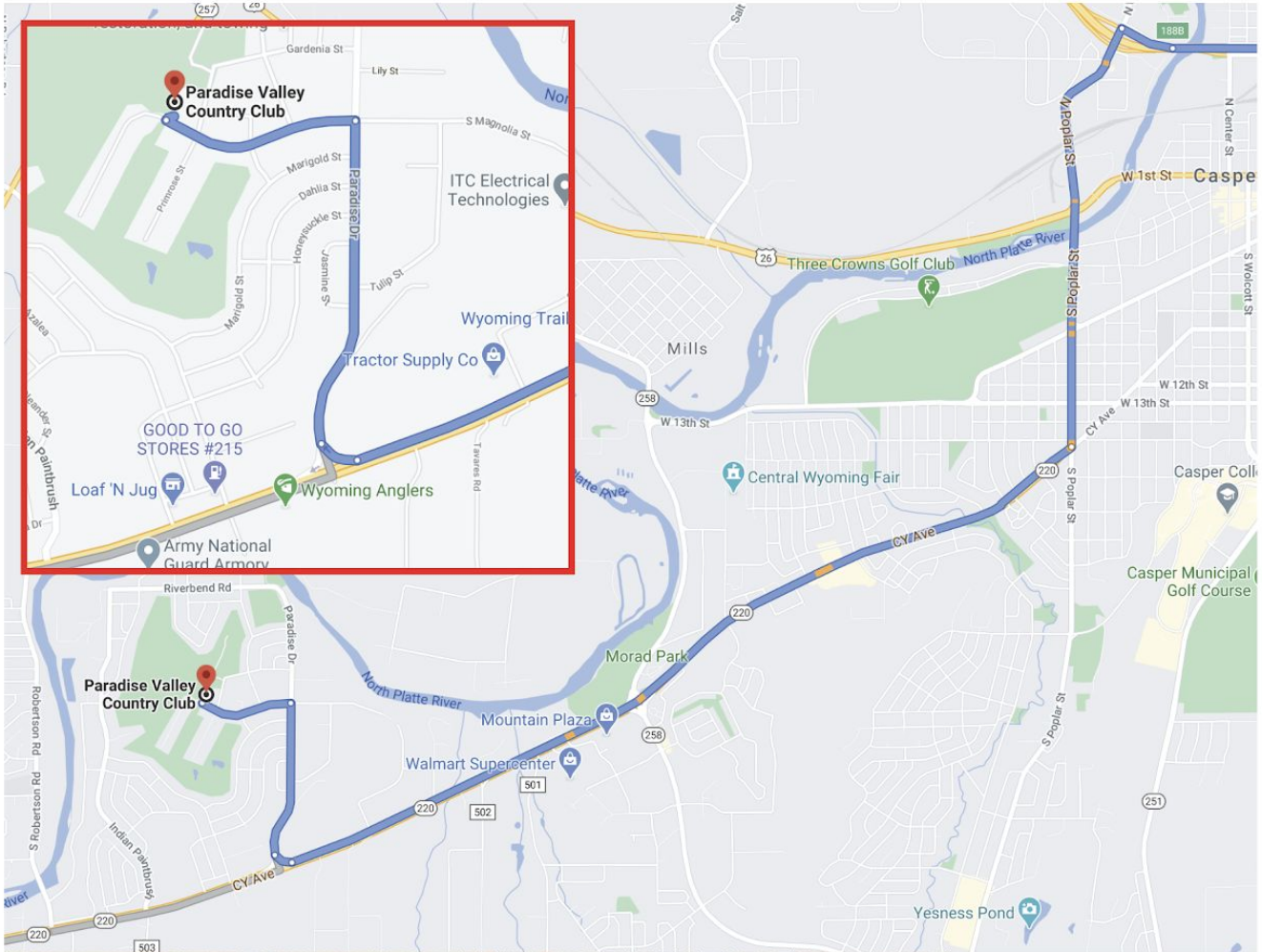
PARADISE VALLEY GOLF COURSE RESTAURANT FOOD MENU: For \$9.00 per meal you can pre-order by October 23 any of the menu options below to have ready for the team prior to leaving Paradise Valley Golf Course at the conclusion of the award ceremony on Saturday, October 24.

Contact Austin Ingram 307-267-1829 no later than October 23 to place your to-go order!

The menu includes the following:

- Cheeseburger w/Fries, Ham
- Turkey Sandwich w/Chips
- Chicken Strips w/Fries and Choice of Dipping Sauce
- Crispy Chicken Salad with Choice of Dressing
- Each meal includes a bottle of water or can of lemonade

The map providing directions to the Paradise Valley Golf Course, the course map, and the bus parking map are on the following pages.



Please park at Paradise Valley Elementary School



Paradise Valley Country Club
70 Magnolia
Casper, WY 82604

Pre-order
by
Oct. 23rd

STATE CROSS COUNTRY PRE-ORDER LUNCHES

\$9 per Lunch

Paradise Valley Golf Course Restraunt Pre-Order Menu

- ✦ Cheeseburger with fries
- ✦ Ham or Turkey Sandwich with chips
- ✦ Chicken Strips with fries and dipping sauce
- ✦ Crispy Chicken Salad with choice of dressing

Each lunch will include a bottle of water or a can of lemonade.

**Contact Austin Ingram at (307) 267-1829.
To place your teams to-go order!**