

TO: All Cross Country Coaches and Athletic Directors

FROM: Brady Stromquist, Athletic Director, Sherrard High School

Welcome to the IHSA Class A Cross Country Regional, hosted by Sherrard High School (Class A) at Credit Island Park, Davenport, Iowa.

WHEN: Saturday, October 24, 2009 at 10:00 a.m.

WHERE: Credit Island Park, Davenport, IA

DIRECTION TO COURSE: I-280 West (Des Moines). Cross I-280 bridge into Iowa. Take the first exit (exit 8). Turn right at stop sign (22 east). Turn right on US 61 North to Davenport. Turn right at stop sign (onto one-way). This is River Drive. Continue on River Drive until you see sign for Credit Island Park. Turn right onto Credit Island Park. Turn right at "Y" intersection. Go approximately ¼ mile to picnic shelter.

CLASS A MEET MANAGER: Brady Stromquist, Activities Director, Sherrard High School (309) 593-2175 or Coach Joel Bohnsack 737-6764.

RACES: There will be warning horn at 9:45 a.m. at which time runners should be at the starting line for uniform checks and final instructions from the starter. There will be a similar warning 15 minutes prior to the start of the boys race and instructions.

10:00 – Class A Girls (3 miles).

10:45 – Class A Boys (3 miles).

COURSE DESCRIPTION: The course is flat and fast. It is marked with paint, flags, and cones. Each ¼ miles is marked. Splits will be called at the 1 & 2 mile markers. Please instruct your non-runners and spectators to stay away from the finish chute area. The only potential problem is standing water in some areas if we get a deluge of rain.

AWARDS: Class A awards ceremony will begin immediately following the conclusion of the Class A Boys Race (approximately 11:30 a.m.) under Pavilion 2. Medals will be awarded to the first five placing runners. A plaque will be awarded to the first place team. The first five placing teams and the first five runners who are not members of the first five placing teams will advance to the Elmwood Sectional, October 31, 2009 for Class A.

TEAM SCORING: The scores of the first five runners from each school to finish the race will be counted in determining the team's score (team runners 6 & 7 will bump if applicable). Runners from these schools will be eligible for team awards. Schools that enter fewer than five runners and/or schools that have fewer than five runners finish the race will not be eligible for team honors.

TEAM TIES: If a tie occurs at the last qualifying spot, the teams tied advance to the Sectional Meet.

ENTRIES: Each school must submit its team roster form via the Internet through the IHSA Web Site to the IHSA office, by noon on Tuesday, October 20, 2009. Also email rosters to the

Regional Manager: Brady Stromquist at stromquistb@sherrard.us.

Team roster forms will provide space for up to a maximum of 12 runners. The runners listed on the team roster form are the only runners the school may use during the state series beginning with the regional. Substitutions at the sectional and/or state final must come from the list of 12 runners on the team roster form.

UNIFORMS: All athletes will be required to wear the regulation uniform as described in current National Federation Track & Field and Cross Country Rule Book.

JEWELRY: Athletes wearing jewelry of any kind, including metal or hard plastic type barrettes or hair clips, earrings, billed caps, or adornments such as medallions or hair braids, will not be permitted to compete. Narrow headbands to keep the hair from interfering with an athlete's vision will be permitted. If religious or medical medals are worn, they shall be taped to the body under the uniform. Athletes with painted bodies or faces as well as any costumes will not be permitted to compete.

ERGOGENIC AIDS: The use of oxygen, glucose gel, inhalers or other prescribed medication that is not a performance enhancer shall be allowed without prior notice.

TIMING DEVICES: Athletes are not allowed to wear a watch during competition.

STARTING BOXES: Each school will use the starting box drawn earlier in the week by Sherrard administration. Please tell your athletes to report to their respective starting box 15 minutes prior to the start of their race. The only persons allowed in the starting boxes are the competitors and their coaches. Coaches must leave the starting boxes prior to the start of competition. Once a team (and individuals) have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

SCORING: Each finisher will be issued a place card as they exit the chute. Coaches are to collect the place cards from their athletes, write their athlete's name on their respective place cards, place them in the envelop from their packets and turn them into the scores table. This will be our back-up scoring system in case a computer problem arises.

CONCESSIONS: Concessions will be available for sale by the Sherrard Booster Club.

LOCKER ROOM/REST ROOMS: Come ready to run. There will not be a locker room available. There are rest room facilities available.

IHSA MERCHANDISE: Official IHSA licensed shirts will be available at \$15.00 and \$18.00.

PRACTICE ON COURSE: You may practice on the course before the meet. Call the meet manager if you would like a guided course tour. A map of the course will follow at a later time.

TEAM CAMP CLEAN UP: Please instruct your athletes and fans to clean up their camp area before they leave.
Thank you!