

**2005**

**CROSS COUNTRY STATE TOURNAMENT  
RULES, REGULATIONS, INSTRUCTIONS**



**Arizona Interscholastic Association, Inc.  
7007 North 18<sup>th</sup> Street  
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**[www.aiaonline.org](http://www.aiaonline.org)**

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**Note: Tournament Guides are subject to change.**

## TABLE OF CONTENTS

<b>Schools/Conferences</b>	<b>3</b>
<b>Rules</b>	<b>4</b>
<b>General Instructions</b>	<b>4</b>
<b>Region Tournament Directors</b>	<b>4</b>
<b>Qualifying Instructions</b>	<b>4</b>
<b>Special Instructions</b>	<b>5</b>
<b>Programs and Souvenirs</b>	<b>5</b>
<b>Admission</b>	<b>5</b>
<b>Trophies</b>	<b>5</b>
<b>Course Map</b>	<b>5</b>
<b>Games Committee</b>	<b>5</b>
<b>2005 Boys &amp; Girls State Cross Country Meet Schedule</b>	<b>6</b>
<b>2005 State Cross Country Championships Registration Form</b>	<b>7</b>

**5A CONFERENCE****Central**

Basha  
 Corona del Sol  
 Desert Vista  
 Marcos de Niza  
 Mountain Pointe

**Desert Valley**

Brophy/Xavier  
 Desert Mtn.  
 Horizon  
 Paradise Valley  
 Shadow Mountain  
 St. Mary's

**East Valley**

Dobson  
 Mesa  
 Mtn. View (Mesa)  
 Red Mtn.  
 Skyline  
 Westwood

**Fiesta**

Chandler  
 Desert Ridge  
 Gilbert  
 Hamilton  
 Highland  
 Mesquite

**Metro**

Alhambra  
 Camelback  
 Cesar Chavez  
 Central  
 Carl Hayden  
 North  
 South Mountain

**Northwest**

Barry Goldwater  
 Boulder Creek  
 Deer Valley  
 Kingman  
 Mountain Ridge  
 North Canyon  
 Sandra Day O'Conner  
 Trevor Bowne

**Southern**

Buena  
 Flowing Wells  
 Marana Mtn. View  
 Salpointe  
 Sunnyside  
 Tucson

**Desert West**

Centennial  
 Ironwood  
 La Joya  
 Maryvale  
 Peoria  
 Sunrise Mountain  
 Tolleson  
 Westview

**Yuma Area**

Casa Grande  
 Cibola  
 Kofa  
 San Luis  
 Yuma

**4A CONFERENCE****Division I****Desert Sky**

Chaparral  
 McClintock  
 Pinnacle  
 Saguaro  
 Thunderbird

**Kino**

Amphitheater  
 Catalina  
 Catalina Foothills  
 Cienega  
 Nogales  
 Sahuaro

**Sonoran**

Canyon del Oro  
 Ironwood Ridge  
 Marana  
 Pueblo  
 Rincon  
 Sabino

**West Valley**

Agua Fria  
 Copper Canyon  
 Raymond Kellis  
 Lake Havasu  
 Millennium  
 Willow Canyon

**Wells Fargo #1**

Apollo  
 Cactus  
 Greenway  
 Independence  
 Moon Valley  
 Prescott

**Division II****Gila**

Cholla  
 Desert View  
 Douglas  
 Palo Verde  
 Rio Rico  
 Santa Rita

**Wells Fargo #2**

Bradshaw Mtn.  
 Cactus Shadows  
 Notre Dame  
 Sunnyslope  
 Washington

**East Sky**

Apache Junction  
 Arcadia  
 Coronado  
 Higley  
 Queen Creek  
 Tempe

**Skyline**

Buckeye  
 Cortez  
 Desert Edge  
 Dysart  
 Glendale  
 Mohave

**Grand Canyon**

Coconino  
 Flagstaff  
 Mingus  
 Page  
 Sinagua

**3A CONFERENCE****West**

Chino Valley  
 Estrella Foothills  
 Fountain Hills  
 Parker  
 River Valley  
 Sedona Red Rock  
 Wickenburg

**South**

Coolidge  
 Empire  
 Florence  
 Globe  
 Safford  
 Sahuarita  
 Santa Cruz  
 Seton Catholic

**North**

Chinle  
 Ganado  
 Grey Hills  
 Hopi  
 Monument Valley  
 Tuba City  
 Window Rock  
 Winslow

**East**

Alchesay  
 Blue Ridge  
 Holbrook  
 Payson  
 Round Valley  
 Show Low  
 Snowflake

**1A-2A CONFERENCE****South**

Benson  
 Bisbee  
 Pusch Ridge Christian  
 San Carlos  
 San Manuel  
 St. Gregory  
 Thatcher  
 Tombstone  
 Tohono O'Odham  
 Wilcox  
 Academy of Tucson

**Metro-West**

Arizona Lutheran  
 Baboquivari  
 Canyon State Academy  
 Horizon Honors  
 Phoenix Christian  
 Phoenix Country Day  
 Precision  
 Scottsdale Christian  
 Surrey Garden  
 Valley Christian  
 Valley Lutheran  
 Yuma Catholic

**North**

Camp Verde  
 Cibecue  
 Many Farms  
 Northland Prep.  
 Pinon  
 Red Mesa  
 Rough Rock  
 Shonto Prep  
 St. Michaels  
 The Orme School  
 Valley (Sanders)

## **RULES**

Rules shall be those of the current edition of the National Federation Track and Field/ Cross Country Rules and Records, AIA Constitution and Bylaws and these tournament instructions.

## **GENERAL INSTRUCTIONS**

- Tournament Starter & Referee prior to meet will draw Lanes.
- A trainer will be on site; however, whenever possible you should bring your own.
- Water will be available at meet site. However it is beneficial to **bring your own.**
- **Remember:** Section 6 competitor's uniform Art.7 page 72 ...Contestants shall not wear jewelry.  
**Penalty: (All articles) For illegal uniform, the competitor is disqualified from the event.**
- Course maps will be available on AIA web site on or before October 31<sup>st</sup> and at State Meet.  
No spiked shoes permitted on Cave Creek Golf Course (Section 2 Art. 2 page 14).
- The AIA, Thunderbird, North Hills Church nor the Cave Creek Golf Course shall be responsible for lost or stolen articles.
- Runners (schools) not returning their **Champion Chip** will be charged \$25 (4A/5A only)  
Parking Lot will **open** for athlete drop-off @ 7:00 am. Pick-up will begin after 1A-2A/5A Awards.

## **QUALIFYING INSTRUCTIONS**

**5A Schools** - Each school may enter one (1) team consisting of at least five (5) but not more than seven (7) runners. Schools entering fewer than five (5) runners in the State Meet may only compete for individual medals. The 5A qualifying standards are found in the 5A Conference Handbook.

**4A Schools** - Each region is to hold qualifying meets, top three (3) teams and top ten (10) individuals will go to the **State Meet**. (Qualifying team members are included in top 10).

The **4A Regional Tournament Directors must report qualifying teams and individuals immediately following the region meet. Format of notification will be distributed at the regional meets.**

**3A Schools** - Each region is to hold qualifying meets, top four (4) teams and top fifteen (15) individuals will go the **State Meet**. (Qualifying team members are included in top 15).

The **3A Regional Tournament Directors must report qualifying teams and individuals immediately following the region meet. Format of notification will be distributed at the regional meets.**

**1A-2A Schools** – Each region is to hold qualifying meets, top six (6) teams and top fifteen (15) individuals will go to the State Meet.(Qualifying team members are included in top 15)

The **2A Regional Tournament Directors must report qualifying teams and individuals immediately following the region meet. Format of notification will be distributed at the regional meets.**

## **SPECIAL INSTRUCTIONS**

1. All arrangements will be confirmed between Dean Visser (AIA) and Leonard Suarez (Meet Referee)
2. The Cave Creek golf Course will be closed and off limits until 7:30 am Saturday November 5<sup>th</sup> 2005. AIA **State Cross Country Meet**.
3. Walk-through of the course will begin at approximately 7:30 am Saturday November 5<sup>th</sup>. The first race will begin at approximately 9:00 am. Races and awards should be completed by 4:00 pm.
4. Teams arriving by school buses or school vans will need to be dropped off at the Team Camp Area. This is a drop off only! After the vehicle is unloaded the driver must circle parking lot from east to west and exit parking lot. Drivers must then turn right onto 19<sup>th</sup> Ave and head south to Thunderbird road. At stop light vehicles will proceed east on Thunderbird road and turn into school parking lot. Buses and vans will be parked by Thunderbird staff. Coaches and drivers will be shuttled back to Cave Creek Golf Course. If a driver wishes to stay until **State Meet** is completed they can wait until team and coaches are ready for pickup back at parking lot. Shuttles will go both to and from Cave Creek Golf Course to allow drivers an opportunity to watch the races.
5. Teams and fans are asked to assist the Cave Creek Golf Course personnel by policing area at conclusion of meet.

## **PROGRAMS AND SOUVENIRS**

Kukulski Brothers is the official supplier for AIA Programs and Souvenirs. Playoff programs, t-shirts, caps, etc will be available at as many sites as possible. Please call David Kukulski or Dan Kukulski at (480) 921-1975 if you have any questions regarding AIA Programs, Souvenirs or Digital Photography.

## **ADMISSION**

### **\$5.00 Adults and Children (under 5 free)**

Wrist bands can be purchased at the North Hills Church parking lot. Buses will provide transportation to and from the Cave Creek Golf Course parking lot. Walkups can pay for wrist bands at entrance.

## **TROPHIES**

Awards will be as noted in the AIA Constitution and Bylaws. Winning teams and runner-ups will receive team trophies. Individual medals will be awarded to top 28 places.

## **COURSE MAP - (MAP WILL BE POSTED OCTOBER 31ST)**

Map is available on the AIA website - [www.aiaonline.org](http://www.aiaonline.org) under General Info on the front page and under Tournament Guides.

## **Games Committee:**

**Dean Visser-AIA**  
**Leonard Suarez-Referee**  
**Dan Reynolds-Starter**  
**Dave Shapiro-Sollenberger Course**  
**Sid Bailey-Van Hazel Course**

## 2005 BOYS & GIRLS STATE CROSS COUNTRY MEET

### Fan Information:

### 1A-2A/3A/4A/5A CONFERENCES

**DATE:** Saturday, November 5, 2005

**SITE:** Cave Creek Golf Course  
15202 N. 19<sup>th</sup> Ave  
Phoenix, Arizona 85023  
602-866-8076

**DIRECTIONS:** Fans traveling north on I-17 should exit on Thunderbird. Go east on Thunderbird till 19<sup>th</sup> Ave. Go north for approximately  $\frac{3}{4}$  of mile to North Hills Church on the right side of 19<sup>th</sup> Ave and turn into parking lot. For those coming south on I-17 should exit onto Greenway. Go east on Greenway till 19<sup>th</sup> Ave. At 19<sup>th</sup> Ave. go south to North Hills Church and proceed to second entrance turning left into church parking lot.

**DISTANCES:** 3.1 miles

### TIME SCHEDULE:

<b>Walk Through</b>	<b>7:15 am</b>	<b>Walk Through</b>	<b>11:15 am</b>
<b>Coaches Meeting</b>	<b>8:00 am</b>	<b>Coaches Meeting</b>	<b>12:00 pm</b>
<b>National Anthem</b>	<b>8:50 am</b>	<b>National Anthem</b>	<b>12:35 pm</b>
<b>5A Div II Boys</b>	<b>9:00 am</b>	<b>4A Div II Boys</b>	<b>12:45 pm</b>
<b>5A Div I Girls</b>	<b>9:30 am</b>	<b>4A Div I Girls</b>	<b>1:15 pm</b>
<b>1-2A Boys</b>	<b>9:45 am</b>	<b>3A Boys</b>	<b>1:30 pm</b>
<b>5A Div I Boys</b>	<b>10:15 am</b>	<b>4A Div I Boys</b>	<b>2:00 pm</b>
<b>1A-2A Girls</b>	<b>10:30 am</b>	<b>3A Girls</b>	<b>2:15 pm</b>
<b>5A Div II Girls</b>	<b>10:45 am</b>	<b>4A Div II Girls</b>	<b>2:30 pm</b>

Awards will follow completion of **Official** race results. Order will be announced at the State Meet.

### Sollenberger Course

1A-2A & 3A

### Van Hazel Course

4A & 5A

**TOURNAMENT DIRECTOR:** Dean Visser  
Phone 602-385-3821  
Fax 602-385-3871  
Email: [dvisser@aiaonline.org](mailto:dvisser@aiaonline.org)

**NOTE:** Course will not be open for walk through until Saturday, November 5, 2005.

**COURSE IS ALSO CLOSED FOR PRACTICE.**

The City of Phoenix Parks and Recreation, as our partner in this event, have graciously provided the type of facility and course that most of the membership has requested. Most notably a golf course that is challenging and used only for the purpose of our cross country event. For the purest, we hope to establish a course for you to compare your runners against other conferences as well as provide comparison records from year to year.

## 2005 STATE CROSS COUNTRY CHAMPIONSHIPS

### Registration and Entry Instruction

**To:** Cross Country Coaches  
**From:** State Tournament Director: Dean Visser  
**Re:** Registration of Competing Runners

### REGION TOURNAMENT DIRECTOR(S)

**4A and 5A:** Notify **Scott Kerr** of the regional tournament winners immediately after Region Tournament. Email: [ckerr@guhsdaz.org](mailto:ckerr@guhsdaz.org) All athletes running at State Meet must be entered with **Direct Athletics**. Changes can be made prior to race time and no later than **8:00 am for 5A** and no later than **11:00 am for 4A**. Each runner will receive two (2) yellow Champion Chips one for each foot. Logon and follow directions: [www.directathletics.com](http://www.directathletics.com)

**1A-2A and 3A:** Notify **Fred Moore** of regional tournament winners immediately after Region Tournament. Email: <mailto:fmoore40@cox.net> All athletes running at State Meet must entered with **Clyde Resendez**. Each team can enter up to ten (10) runners. Logon and follow directions: [www.wingfootfinish.com](http://www.wingfootfinish.com)

**1A-2A**      **BY – MONDAY 4:00 PM, OCTOBER 31, 2005**

**3A**            **BY – MONDAY 4:00 PM, OCTOBER 31, 2005**

**4A**            **BY – MONDAY 4:00 PM, OCTOBER 31, 2005**

**5A**            **BY -- MONDAY 4:00 PM, OCTOBER 31, 2005**

### What's NEW this year:

- Site @ Cave Creek Golf Course
- Entry fee of \$ 5.00
- Division I & II
- Chip timing of 4A & 5A races
- Online registration(Direct Athletics & Wingfootfinish)
- Two finish lines
- Off site parking