



4A District 15 Cross Country Championship Information

Host School: Our Lady of Lourdes Academy

Date: Thursday, October 30th, 2014

Location: Larry & Penny Thompson Park

Address: 12451 SW 184th Street, Miami FL 33177

Teams: American (Hialeah), Coral Gables, Dr. Krop (Miami), Hialeah Gardens, Lourdes [girls only], Miami Senior HS, Miami Beach, Miami Coral Park, North Miami, Reagan (Doral), Westland Hialeah

Registration: There is no longer online team registration; all athletes that are submitted on your State Entry List through C2Cschools.com will be eligible to compete, but only seven (7) athletes, per gender, are allowed to compete in each District race.

****FHSAA Official State Entry Lists were due Monday, October 20th, 2014** All entry lists must now be submitted electronically through C2Cschools.com**

Results: Results will be posted on the FHSAA and on the flrunners.com websites.

- FHSAA State Series Cross Country Results: <http://www.fhsaa.org/node/14892>
- 4A District 15 Meet Page on Flrunners: <http://fl.milesplit.com/meets/184867-fhsaa-4a-district-15#.VE0m81ZOLwI>

Time Schedule:

- 2:30pm 4A-15 Coaches Meeting - at the finish line
- 3:00pm 4A-15 Girls Varsity Race
- 3:45pm 4A-15 Boys Varsity Race
- 4:30pm 4A-15 Awards Presentation

Meet Responsibilities:

Timing and Scoring: Track Timing & Data Management

Starting Line, Finish Line, Trail Buggy: Lourdes Academy

Trainer: Lourdes HS, will be located by the finish line chute.

Finish Chute: Coral Gables, Miami Coral Park, Dr. Krop, Miami Beach, American

- Each school must provide at least one (1) coach to aide in the finish chute.
- Your responsibility is to keep the athletes in order and assist them to the end of the chute to assure that they complete the race by having their bib tag reach the stringer.

Course Monitors: Doral Reagan, Hialeah Gardens, Miami Senior HS, North Miami, Westland Hialeah

- Each school must have at least one (1) coach monitoring course activity.
- Please ensure that all athletes are displaying proper conduct and sportsmanship. - Please ensure that no spectators or individuals are interfering, impeding, or running alongside the athletes (primarily at the halfway mark and along the final stretch).

Individual and Team Awards (per gender):

- The FHSAA will no longer provide individual ribbons at the District level; however, Lourdes HS will provide medals to the top fifteen (15) individual finishers.
- The top two (2) teams will receive FHSAA Champion and Runner-up trophies.
- Individuals and teams are required to be at the awards ceremony and in proper attire.

Qualification Standards (per gender):

- The top fifteen (15) individual finishers will advance to the Region Championship.
- The top four (4) finishing teams will advance to the Region Championship.
- The 4A Region 4 Championship will be held at Larry & Penny on November 5th.

Important Facility Information:

- Please have all buses load and unload athletes and team materials in the parking lot.
- Remember to drive slowly and do not park any vehicles in the median of the street.
- Please remember to take a trash bag and clean up your area after the meet concludes.
- Remember to keep all athletes away from the lake area at all times.
- Park restroom facilities will remain locked and port-o-lets will remain available for everyone to utilize. Please do not misuse these and remember to bring toilet paper!

Uniform Reminders:

- Please make sure that all athletes and their uniforms are in compliance with FHSAA and NHSF rules as it pertains to uniforms. All competing athletes (per gender), must be wearing the same uniform as their fellow teammates. No exceptions.
- Numbers on the jersey backs are not required for cross country (only track & field).
- No athletes are to wear any form of jewelry (earrings, wristbands, necklaces, etc.)
- Athletic wristwatches, glasses, and sunglasses are allowed. For headwear, only scrunchies, solid colored headbands (no more than 2" in width and without logos), solid colored ribbons (secured to the head and not excessive in length and size), and metal clips / berets / bobby pins (that are flat and less than 2" in length) are allowed.

Meet Management Contact Information:

For Meet Information, contact:

- Rebecca Michalak, Head Coach @ Lourdes Academy – rrodriguez@bobcats.olla.org
- Maura Herrholz, Athletic Director @ Lourdes Academy – mherrholz@olla.org

For Additional Concerns, contact:

- Larry Wooten, Meet Timer, Track Timing & Data Management - Ljhawks13@aol.com