



2021 Cross Country

National Sports ID

National Sports ID Requirements to be completed and approved by roster deadline. Anyone without a fully verified National Sports ID will not be permitted to compete. Returning runners with a National Sports ID account will just need to update their information in the system. New student-athletes will need to do the entire process. A student-athlete that is verified but NOT on the roster is considered ineligible to compete. They must be fully verified AND on the roster.

1. **Headshot Photo** – *Similar to a Driver's License or Student ID Photo. This should be a close-up, clearly lit photo that shows the student-athlete's entire face and hair looking directly at the camera. No hats. No sunglasses. This can be a recent school photo or one simply taken from your cell phone.*
2. **Scan of Birth Certificate, State ID, or Passport**
3. **Proof of Grade** – *This can be your most recent report card, most recent School ID, school schedule showing your child's grade, screenshot of Online Account (i.e. Infinite Campus) proving grade level, etc.*
4. **Parents E-Sign the NCSAA Participant Waivers**
5. **Pay \$10 National Sports ID annual fee per student-athlete** – *this is a one time fee per school year*

Physicals

Physicals are required for all student-athletes within 12 months of the start of the sport. These are not collected by NCSAA or National Sports ID. They are collected by the school's Athletic Director and to be kept on file. By allowing a student-athlete to compete the school is acknowledging the student-athlete has passed a physical.

Coaches Responsibilities

- Become familiar with Athletic.net
- Add all NCSAA Meets to your Athletic.net Calendar (2021 Season Calendar-Add a Meet). Do not create a meet, just Add a Meet from the Nevada calendar.
- Upload your roster. Check your spelling and correct grade. (2020 Student-Athletes are still there with updated grades)
- Deactivate past student-athletes if they are no longer on your team.
- You must register your athletes for each meet before the deadline.
- The deadline will always be the Saturday afternoon before the Monday race.
- There will be NO extensions to the deadline. If you forget to register your team, they will not be permitted to participate in the meet. No exceptions.
- Athletic.net questions should be directed to John Dixon at nevadatrackstats@gmail.com You can also use the Contact Host tab on the Athletic.net meet page.

Rosters

- Student-Athletes must run with their age group. We will not allow them to move up or down divisions based on ability. (i.e. "My student-athlete is really good and I want him to compete against older kids to get them ready for ...") We will not allow this.)
- Student-Athletes may play multiple sports in the Same Season (for instance a student-athlete is permitted to play Volleyball/Flag Football & Cross Country at the same time).
- There are no roster size limits
- Any player not on the official National Sports ID Roster will be ineligible for participate that day.
- Teams who run ineligible players will be disqualified and further disciplinary action against the coach and player will occur.

Fees

- NCSAA will charge each school \$10 per runner per meet. This will be on your end of season bill. (For example: if a runner participates in all 6 meets the school will be charged \$60 for that student-athlete for the season)
- If you register a student-athlete on Athletic.net but they don't come and record a time we will not charge you. This is why you should register all of your student-athletes for every single race on Athletic.net prior to the season instead of week to week.

Divisions/Distances/Approx. Start Times*

- Grades 3-4: 4:30PM 1 Mile
- Grades 5-6: 5:00PM 1.5 Miles
- Grades 7-8: 5:30PM 1.5 Miles

**These are approximate times and may change based on size of each division/course layout. We may divide into multiple smaller groups at the site. Be flexible and listen for announcements at the site.*

Courses

- NCSAA will use local parks and schools for meet locations. Due to the timing of the allocation process NCSAA may not know the exact locations of each meet prior to the season. Please be patient as there is a lot of paperwork and approvals that go into hosting a meet.
- NCSAA will send maps of the course each week prior to the race. These maps may change on race day due to a number of factors (bad terrain, trees, holes, obstructions, etc). Please be flexible.
- NCSAA reserves the right to alter the distance as necessary based on the course conditions.

Meet Day

- Coaches will receive a packet with a roster, shoe chips, and twist ties at the timing area.
- Chip number MUST match roster Bib number.
- Chips must be securely attached to the top of the shoe laces using the twist ties.
- They should lay flat on top of the shoe.

Races/Timing/Scoring

- Athletes will run the prescribed course (without assistance from pacing athletes/coaches/parents).
- Athletes will finish across the timing mats and go through the coned chute.
- The front edge of the timing mat is the finish line.
- There will be a clock at the finish line as well as LiveResults on www.nts-timing.com
- The LiveResults will show all finishers as they cross the line and continuous team scoring by gender.
- Team scores will be based on each team's top 5 finishers and 2 displacers. (*up for discussion)

Post Meet

- All shoe chips are to be returned to the timer in numerical order on the long zip tie.
- Don't allow your athletes to go home without getting their chip.
- There is a \$20.00 charge for each chip lost or not returned by the end of the meet. If the chip is returned before the start of the next meet, the charge is \$5.00 per chip.

How Cross Country is Scored

The goal in cross country meets is to have the LOWEST team score. Cross country meets are scored by each team adding up the places of its top 5 finishers and places are determined in order of scores from low to high. For example, a team that scores 27 points places ahead of a team that scores 28 points, as follows:

Team A Runners: 1st, 4th, 5th, 8th, 10th, 13th, 14th = 28 points

Team B Runners: 2nd, 3rd, 6th, 7th, 9th, 11th, 12th =27 points

Cross Country Vocabulary

- **CHIP (CHIP TIMING)**...in invitational meets runners wear a chip tied onto their shoe laces that senses and records the finishing time of a runner
- **COOL-DOWN**...easy running after a race or hard workout that allows the muscles to get rid of lactic acid that builds up and to allow the body to settle down and lower its temperature to normal and be better prepared for the next day's run
- **COURSE**...the marked and measured route of the race
- **DYNAMIC WARM-UP**...a warm-up routine that involves movements with jogging and plyometric drills and can last from 10-30 minutes
- **FALSE START**...leaving the starting line before the gun sounds
- **FINISH CHUTE**...a flagged off area that starts by the finish line and funnels past the finish line that moves runners into a single file order of finish.
- **FORM**...refers to a the way a runners body moves, trying to maintain good posture and arm and leg action
- **KICK**...a burst of speed at the finish of the race to beat out other runners
- **NEGATIVE SPLIT**...running the second half of a race or later miles during the race at a faster pace than earlier in the race
- **PACE**...running speed over a particular distance (Ex: pace per mile-what a runner averaged over each mile of a race)
- **PACK**...a group of runners that are teammates that work together in close proximity to one another during the race to try and beat other teams
- **PERSONAL RECORD (PR)**...best ever performance for a particular distance.

- **PLYOMETRIC DRILLS (DRILL WORK OR PLYOS)**...drills that are a part of warm-ups in practice and before races that involve bounding to develop strength and coordination and teach muscles to fire properly and improve running form
- **SPLITS**... times for each mile, kilometer, or other pre-planned distances during a race
- **STARTING BOX**...designated area to which a team is assigned on the starting line
- **SURGE**...a tactical increase in pace during the race to shake opponents and open a gap
- **TRAINING (RUNNING) SHOES**...running shoes designed for daily training and warming up or cooling down in

How To Be A Great Cross Country Fan

Written By: Tyrel Cooper (*Amplus Academy*)

I know it may sound boring to watch kids run around a park, but **cross country races can really be exciting**. There aren't many rules to follow, but it's important to be informed.

Races have start and finish areas that are usually near each other. If you are not very mobile, or you're not interested in running around, this is a good place to stay for the race. If you want to chase the action, follow the herds of parents/fans as they move from spot to spot around the course. **Experienced XC parents know all the good places to watch** and how to get there before the kids run by.

As you move around the course, or as you wait near the finish, **be very careful not to interrupt the race**. Make sure you are not standing in the path of the runners, avoid being right at the finish line, and always pay attention so you don't bump into an athlete as they are running. **You can never jog alongside an athlete while they are racing**, it's especially tempting near the finish line, or when your kid is struggling to push the pace. **You also cannot give an athlete any water or other assistance during the race**. These actions are illegal and will get the athlete disqualified from the race.

In some situations, an athlete may trip and fall or become sick or injured during a race. Please be careful when assisting them. **If you touch a downed athlete or help them to their feet, they become disqualified from the race**. Give them a second to see if they are going to stand up and finish the race themselves, or if they truly need medical attention.

The finish line of an XC race can look like a disaster; kids are throwing up, a few may be crying, some have peed their pants, many are hunched over or laying on the ground. This is totally normal and expected. **Runners are taught to stand tall and act like winners at the finish line regardless of how they ran**. They are taught that they aren't going to die, so they shouldn't act like it. Please don't be alarmed when the coach doesn't run over and tend to your athlete that is throwing up or bent over catching their breath. Most athletes just want a drink of water and a few minutes to themselves to catch their breath and let their heart rate come down.

Parent and fan support is really important at XC races, we don't draw the large crowds like football or basketball does. Often times the only fans are families, I encourage you to come cheer at every race you can. Make signs for your athletes and bring them their favorite color Gatorade for after the race. **These kids are working REALLY hard every day, and there is little glory for the runner**. All of your support is greatly appreciated by the coaches and each member of the team. It goes without saying, but we must remind everyone that positive comments and cheers are expected.