



**Arizona Interscholastic Association, Inc.**

# **2008 AIA State Cross Country**

## **TOURNAMENT GUIDE**

**Schedule, Rules, Regulations, Instructions**

### **AIA State Tournament Coordinator**

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# Member Schools Participating in Cross Country

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### 1A/2A Conference

#### Metro-West

Arizona Lutheran  
Baboquivari  
Canyon State Academy  
Horizon Honors  
Northwest Christian  
North Pointe Prep  
Phoenix Country Day  
Scottsdale Christian  
Surrey Garden  
Tempe Prep  
Valley Christian  
Veritas  
Yuma Catholic

#### North

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

#### South

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

### 3A Conference

#### East

Alchesay  
Blue Ridge  
Payson  
Round Valley  
Show Low  
Snowflake

#### North

Chinle  
Ganado  
Holbrook  
Monument Valley  
Tuba City  
Window Rock  
Winslow

#### South

Coolidge  
Empire  
Florence  
Fountain Hills  
Globe  
Maricopa  
Safford  
San Tan Foothills  
Santa Cruz

#### West

Chino Valley  
Estrella Foothills  
Parker  
River Valley  
Sedona Red Rock  
South Pointe  
Wickenburg



# Member Schools Participating in Cross Country

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### 4A Conference

#### Division I

##### Desert Sky

Apache Junction  
Cactus Shadows  
Chaparral  
Combs  
McClintock  
Paradise Valley  
Saguaro  
Shadow Mountain

##### Kino

Cienega  
Desert View  
Flowing Wells  
Nogales  
Sabino  
Sahuaro

##### Sonoran

Canyon del Oro  
Catalina Foothills  
Cholla  
Marana  
Pueblo

##### Western Sky

Apollo  
Independence  
Prescott  
Sandra Day O'Connor  
Sunnyslope  
Thunderbird

##### West Valley

Agua Fria  
Cactus  
Copper Canyon  
Lake Havasu  
Liberty  
Millennium  
Peoria

### 4A Conference

#### Division II

##### Black Canyon

Cortez  
Glendale  
Greenway  
Moon Valley  
Notre Dame Prep  
**Sierra Linda**  
Washington

##### East Sky

Arcadia  
Coronado  
Higley  
Perry  
Queen Creek  
Seton Catholic  
Tempe  
Williams Field

##### Gila

Amphitheater  
Catalina  
Douglas  
Palo Verde  
Rio Rico  
Sahuarita  
Santa Rita

##### Grand Canyon

Bradshaw Mountain  
Coconino  
Flagstaff  
Mingus Union  
Page  
Sinagua

##### Skyline

Buckeye  
Desert Edge  
Dysart  
Raymond Kellis  
Mohave  
Verrado  
Youngker

### 5A Conference

#### Division I

##### Central

Basha  
Corona del Sol  
Desert Vista  
Mountain Pointe

##### Desert Valley

Brophy  
Desert Mountain  
Mountain Ridge  
Saint Mary's  
Xavier

##### East Valley

Dobson  
Mesa  
Mt. View (Mesa)  
Red Mountain  
Westwood

##### Fiesta

Chandler  
Gilbert  
Hamilton  
Highland  
Mesquite

##### Metro I

Alhambra  
Cesar Chavez  
Maryvale  
North Canyon  
Trevor Browne

##### Southern I

Buena  
Casa Grande  
Salpointe Catholic  
Tucson

### 5A Conference

#### Division II

##### Desert West

Centennial  
Ironwood  
La Joya  
Sunrise Mountain  
Tolleson  
Westview

##### Gila Valley

Cibola  
Gila Ridge  
Kofa  
San Luis  
Yuma

##### Metro II

Betty H Fairfax  
Camelback  
Carl Hayden  
Central  
North  
South Mountain

##### Northwest

Barry Goldwater  
Boulder Creek  
Deer Valley  
Kingman  
Valley Vista  
Willow Canyon

##### Pima

Desert Ridge  
Horizon  
Marcos de Niza  
Pinnacle  
Skyline

##### Southern II

Ironwood Ridge  
Mt. View Marana  
Rincon  
Sunnyside



## Member Schools Participating in Cross Country

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**Site:** Cave Creek Golf Course; 15202 N. 19<sup>th</sup> Avenue; Phoenix, AZ 85023; 602-866-8076

**Course Distance: 3.1 miles**

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### Saturday, November 8, 2008

#### Morning Session

7:30 a.m. Walk Through  
7:45 a.m. Packet pick-up  
8:55 a.m. National Anthem  
9:00 a.m. 4A Division II Boys  
9:25 a.m. 4A Division I Girls  
9:50 a.m. 3A Boys  
10:15 a.m. 4A Division II Girls  
10:40 a.m. 4A Division I Boys  
11:05 a.m. 3A Girls

#### Afternoon Session

11:30 a.m. Walk Through  
11:45 a.m. Packet pick-up  
12:55 p.m. National Anthem  
1:00 p.m. 5A Division I Boys  
1:25 p.m. 5A Division II Girls  
1:50 p.m. 1A/2A Boys  
2:15 p.m. 5A Division I Girls  
2:40 p.m. 5A Division II Boys  
3:05 p.m. 1A/2A Girls

\* All times are approximate and subject to change please be ready for your race!

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Packet pick-up will take place at information tent.

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Awards will follow **official** race results.

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**Note:** Course will not be open for walk-through until Saturday, November 8, 2008.

***COURSE is CLOSED for PRACTICE***

#### Games Committee

Dean Visser	AIA
Leonard Suarez	Meet Referee
Dave Shapiro	Meet Referee
Sid Bailey	Finish Line
Dan Reynolds	Starter/Clerk of Course
Jim Poquette	Starter/Clerk of Course



## RULES

Rules are 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

- A Certified Athletic Trainer will be on site; however, whenever possible you should bring your own.
- If a participant requires medical attention, the parent/guardian/coach will be notified to meet in the medical area.
- Water will be available at meet site. However it is beneficial to bring your own.
- **Remember:** Section 6 competitor's uniform Art.7 page 71 ...*Contestants shall not wear jewelry.* Penalty: (All articles) for illegal uniform, the competitor is disqualified from the event.
- Under no circumstance is a parent or coach to enter the restricted area, which includes the following areas: scoring, finish and chute. Penalty will be disqualification of competing athlete.
- Course maps will be available on AIA web site on or before October 31st and at State Meet.
- No spiked shoes permitted on Cave Creek Golf Course (Section 2 Art. 2 page 15).
- 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 Chips will be charged \$25 per chip!**
- Parking Lot will open for athlete drop-off @ 7:00 am. Pick-up will begin after the Awards Ceremony.

## QUALIFYING INSTRUCTIONS

- **5A Schools** - Each school may enter one team consisting of at least five(5), but not more than seven(7) runners. Schools entering fewer than five 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. The top ten 10 individuals and other members of the top three (3) teams will go to the State Meet. Regions with seven (7) or more schools will qualify the top ten (10) individuals and other members of the top four (4) teams to the State Meet.
  - 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 in which the top four teams and the top 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 in which the top six teams and the top 20 individuals will go to the State Meet (Qualifying team members are included in top 20).
  - 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.



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### **SPECIAL INSTRUCTIONS**

- The Cave Creek Golf Course will be **closed** and **off limits** until 7:30 am Saturday, Nov. 8, 2008, the day of the 2008 AIA State Cross Country Meet.
- Walk-through of the course will begin at approximately 7:45 a.m. on Nov. 8, 2008. The first race will begin at approximately 9:00 a.m. Races and awards should be completed by 3:00 p.m.
- Teams arriving by school buses will need to be dropped off at the Team Camp Area. This is a drop off only! After the bus is unloaded the driver must circle the parking lot from east to west and exit the parking lot. Coaches and drivers will be shuttled back to Cave Creek Golf Course. If a driver wishes to stay until the State Meet is completed, they can wait until the team and coaches are ready for pickup at the back of the parking lot. Shuttles will go to and from Cave Creek Golf Course to allow drivers an opportunity to watch the races. The parking lot will be open to school vans and mini buses only.
- In order to maintain a safe and efficient environment for all the participants, fans and workers we will be using a walking lane from the team camp area to the main part of the course. This will be barricaded and monitored by the event Staff. We ask for your help as coaches and school personal to instruct your athletes and fans not to cross the parking lot on foot in areas of high vehicle traffic.
- Teams and fans are asked to assist the Cave Creek Golf Course personnel by policing the area at conclusion of meet.

### **2008 ADMISSION PRICE**

**State Meet:** \$5.00

North Hills Church and Thunderbird High School parking lots will be open for parking. Buses will provide transportation to and from the Cave Creek Golf Course parking lot. Walk-ups can pay at the gate entrance.

### **FREE ADMISSION**

Children five or under

All tournament workers

Media with proper credentials

AIA Lifetime Pass Holder and One Guest

AIA Complimentary Pass and One Guest

*Photo ID required for AIA Pass Holder and all AIA Complimentary Passes*

### **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 the top 28 places.



## **STUDENT MEDIA CREDENTIALING**

In order to obtain a student media credential for the state tournament, the Athletic Director or the member school must fill out and email the student media credential form. The student media credential form is available on the Tournament Guides section of the AIA website and is titled *AIA – Student Media Credential Form*. The tournament guides page is located at:

[http://www.aiaonline.org/athletics/tournament\\_guides.php](http://www.aiaonline.org/athletics/tournament_guides.php)

## **PROGRAMS AND SOUVENIRS**

**Deadline to submit team photos/rosters: Friday, October 17, 2008**

Kukulski Brothers is the official supplier for AIA Programs and Souvenirs. *Sale or distribution of AIA State Tournament related game programs, t-shirts or any other souvenirs by any individual or company other than the Kukulski Brothers at any AIA State Tournament playoff site or game is prohibited.*

Playoff programs, t-shirts, caps, etc. will be available at as many sites as possible.

Parents, spectators and participants want to see their school team picture and names included in the souvenir program. Please make every effort to meet the following deadlines.

Please call David Kukulski or Dan Kukulski at (480) 921-1975 if you have any questions regarding AIA Team Pictures, Team Rosters, Programs, Souvenirs or Digital Photography.

## **CITY OF PHOENIX – CAVE CREEK GOLF COURSE**

The City of Phoenix Parks and Recreation is our partner for the 2008 AIA State Cross Country Meet. Thanks again for helping the AIA promote the sport of Cross Country! This joint effort by many different individual people is greatly appreciated and has not gone unnoticed.

## **PARKING/DIRECTIONS FOR FANS**

From the South: Go north on I-17 and exit on Thunderbird Rd. Go east on Thunderbird past 19th Avenue and make a left at the next light into the Thunderbird High School parking-lot.

From the North: Go south on I-17 and exit on Greenway. Go east on Greenway to 19th Ave. Then head south on 19th Avenue to North Hills Churches southern entrance (second entrance) turning left into the parking-lot.



**Registration and Entry**  
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**TO ALL CROSS COUNTRY COACHES**

**5A ONLY**

1. Sign up for a free coach account at [www.Athletic.net](http://www.Athletic.net) (If you haven't already)
  - a. Click here to go to the athletic .net Arizona XC Homepage:  
<http://www.athletic.net/CrossCountry/Arizona/>
  - b. Find and click on the link to your school.
  - c. Click "Sign Up for a free account"
  - d. Follow the instructions to sign up and activate your account.
2. Enter your athletes on the "Edit Athletes" page under Coach Tools.
3. Register your athletes for the correct *state championship*.
  - a. Click on the state championship meet in your calendar.
  - b. Click "Register Athletes" under Team Tools on the right-hand side.
  - c. Register the appropriate athletes and click "Save Registration."
4. You can use this free time-saving team management tool throughout the season to track statistics, register for meets, and collect meet entries.

**REGION TOURNAMENT DIRECTORS (1A/2A,3A & 4A)**

1. Sign up for a free coach account at [www.Athletic.net](http://www.Athletic.net) (If you haven't already)
  - a. Click here to go to the Athletic.net Arizona XC Homepage:  
<http://www.athletic.net/CrossCountry/Arizona/>
  - b. Find and Click on the link to your school.
  - c. Click "Sign Up for a free account"
  - d. Follow instructions to sign up and activate your account.
2. Add the regional meet to your calendar.
  - a. Click "Edit Calendar under Coach Tools
  - b. Select the date of your regional meet.
  - c. If a school has added the meet already then you can add the meet and choose to be the meet host. If not, then you can add the meet.
3. Download the entries to run your meet.
  - a. On the Meet Page click "Download Entries" under the Meet Host tools on the right – hand side. (If you don't see the Meet Host tools you might not have set yourself as the meet host, do this on the "Edit Meet Information.")
  - b. Load these Entries into your meet manager and run your meet. (Athletic.net has a free Excel; Meet Manager- click here for more info:  
<http://cs.athlwtic.net/blogs/emm/pages/emmx.asp>).



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4. Upload your meet results back into Athletic.net.
  - a. On the Meet Page click “Upload Results” under the Meet Host tools on the right-hand side.

**Instructions for 1A/2A, 3A, 4A coaches:**

1. Sign up for a free coach account at [www.Athletic.net](http://www.Athletic.net) (if you haven’t already)
  - a. Click here to go to the Athletic.net Arizona XC Homepage:  
<http://www.athletic.net/CrossCountry/Arizona/>
  - b. Find and click on the link to your school.
  - c. Click “Sign up for a free account”
  - d. Follow the instructions to sign up and activate your account.
2. Enter your athletes on the “Edit Athletes” page under Coach Tools.
3. Register your athletes for the correct regional meet.
  - a. Click on the regional meet in your calendar.
  - b. Click” Register Athletes” under Team Tools on the right-hand side.
  - c. Register the appropriate athletes and click “Save Registration”
4. You can use this free time-saving team management tool throughout the season to track statistics, register for meets, and collect meet entries.

Notify **Scott Kerr** of the regional tournament winners immediately after Region Tournament via email at [scott.kerr@dysart.org](mailto:scott.kerr@dysart.org).

All athletes running at the State Meet *must be* entered with **Athletic.net**. Logon and follow directions at [www.athletic.net](http://www.athletic.net).

Changes can be made prior to race time (no later than 8:00 am for 1A/2A and 5A and no later than 11:00 am for 3A and 4A). Each runner will receive two Champion Chips one for each foot.

**DEADLINES FOR REGISTRATION**

- |              |   |
|--------------|---|
| <b>1A-2A</b> | BY – MONDAY 4:00 PM, NOVEMBER 3, 2008   |
| <b>3A</b>    | BY – MONDAY 4:00 PM, NOVEMBER 3, 2008   |
| <b>4A</b>    | BY – MONDAY 4:00 PM, NOVEMBER 3, 2008   |
| <b>5A</b>    | BY -- MONDAY 4:00 PM, OCTOBER 27, 2008* |

\* Due to the region meet not being a qualifying meet we ask the 5A coaches get the names of their athletes a week before the other conferences. This gives us an extra week to assign bib & chip numbers.



**Cross Country Course Map**  
2006 AIA State Cross Country Tournament Guide

