

# 2023 PIAA District IX Cross Country Championships

## Meet Information

**TO:** Principals, Athletic Directors and Coaches  
**FROM:** John Sherry, District IX Cross Country Chairman  
**DATE:** Monday, September 26<sup>th</sup>, 2023

**Date of Meet:** Saturday, October 28th, 2023

**Location:** The 2023 PIAA District 9 Cross Country Championships are being held at Francis S. Grandinetti Elementary School, 62 School Drive, Ridgway PA 15853

**Registration Entry Deadline: 8 P.M. on Wednesday, October 25th, 2023.** Athletes must be entered online on the runhigh.com website by the principal or his/her designee. Registration directions are provided below. It is the responsibility of the school and coach to make certain their competitors are entered online prior to the deadline. They are not to be faxed, mailed in, or telephoned in. Questions should be addressed to John Sherry at 814-274-8501, (Work), 814-594-7760 (Cell), or by email to jsherry@coudyschools.net. The site is already open for entries.

### **On-Line XC Registration Instructions:**

This year's XC event will be timed by Runner's High. Registration will be accepted ONLY on-line via the runhigh.com website. Go to: Main Menu and click on CROSS COUNTRY INFORMATION.

- If you don't have a team in the system, then use Option #1 for info on how to do it.
- If you already have a team in the system, then use the second option to Add, Edit or Delete names from your team.
- If you are a new coach and you don't know the log-in info from the previous coach, then contact Mark Courtney.

If not all of your runners will be participating in this event, then don't include them in the participant list that you are linking to the meet. The meet will be charged for all entrants that are registered from your uploaded database.

If you need to make changes after you submit your team (and before the deadline), log into your account, make the changes and resubmit. This will overwrite your previous submission.

Results will be available on race day on the Runner's High website (Today's Results).

Mark Courtney can be reached at Runner's High smc@runhigh.com or by phone at 724 866-1374

### **Tentative Time Schedule:**

Wave 1 – "A" Schools

8:30 am - Pick-Up Packets at Ridgway Elementary School Cafeteria

8:30 am - Course Inspection

9:00 am - Deadline for Packet Pick-Up

9:15 am - Coaches Meeting in the side room of the cafeteria

9:45 am - "A" Girls Championship Race

**["AAA" Girls Championship Race @ Ed Myer's Complex, 450 Allen Street, Titusville, PA 16354]**

10:30 am - "A" Boys Championship Race

11:15 am – "A" Team and Individual Awards outside weather permitting

Wave 2 – "AA" (D9 boys & girls) Schools

12:15 pm - Pick-Up Packets at Ridgway Elementary School Cafeteria

12:15 pm - Course Inspection

12:45 pm - Deadline for Packet Pick-up

1:00 pm - Coaches Meeting

1:30 pm - "AA" Girls Championship Race

2:15 pm - "AA" Boys Championship Race

3:00 pm – "AA" Team and Individual Awards outside weather permitting

**Note:** The Girls AAA sub regional race (D8, 9, 10) will now be held during the DX Championship. The Dubois girls (AAA) will be running at 9:45am in Titusville on Oct. 28th. The Dubois boys (AA) will be running as part of our DIX Championships schedule at 2:15pm. This will enable the Dubois coaches and fans to travel to both venues to watch their teams compete.

**Note: The DIX Committee has decided that there will not be a "Varsity Extra" race.**

(\*NOTE: Teams will be given a map with their packets and teams may take their own tour of the course.)

**School Classifications:**

Girls A - Allegheny Clarion, Brockway, Brookville, Cameron County, Clarion, Clarion Limestone, Coudersport, Cranberry, Dubois Central Catholic, Elk County Catholic, Kane, Karns City, Keystone, Moniteau, North Clarion, Northern Potter, Oswayo Valley, Otto Eldred, Ridgway, Smethport

Girls AA - Bradford, Clearfield, Punxsutawney, St. Marys Area

Girls AAA - Dubois Area along with DVIII and DX. Sub-regional (D8, 9, 10) race held at Titusville, Oct. 38<sup>th</sup> 9:30am.

Boys A - Allegheny Clarion, Brockway, Brookville, Clarion, Clarion Limestone, Coudersport, Cranberry, Dubois Central Catholic, Elk County Catholic, Kane, Karns City, Keystone, Moniteau, North Clarion, Northern Potter, Oswayo Valley, Otto Eldred, Ridgway, Smethport

Boys AA - Bradford, Clearfield, Dubois Area, Punxsutawney, St. Marys Area

**Fees:** Schools will be billed by Bob Tonkin, D9 Secretary-Treasurer after the meet.

**Admission:** - Ticket prices for the DIX Cross Country Championships will be \$8.00 for adults, \$4.00 for students.

**Team Parking:** Signs will direct you where to park buses and vans at the school.

**Course:** The course is a challenging 5000-meter grass course. There are hills! Spikes of 1/4" or 3/8" are recommended.

**Locker Rooms:** Locker rooms will not be available for team use. Coaches are to instruct their athletes to come to the meet prepared to run. Restrooms will be available.

**Coaches Info:** Team packets will be issued at the meet. Registered athletic trainers will be on site. The meet will be run under the direction of two or more registered PIAA officials.

**Team Info:** Coaches are not required to designate in advance which seven competitors will actually run in the race. However, only pre-registered competitors can compete. Coaches can register their team online and decide at race time which seven are running. To be eligible, an athlete must be pre-registered so that they are assigned a competitor number.

**Emergency Health Care:** PIAA D9 contracted athletic trainers will be present to provide emergency healthcare to participating contestants and spectators. Schools may be billed for any training supplies used by the athletic trainers for your athletes and/or team. Schools are responsible for providing their qualifiers with water!

**Competitor Numbers:** Every competitor must have a chest number and shoe chip in order to run. The number is to be placed on the chest/torso area. Coaches will receive a packet containing a printout of the team roster which will include the competitor number of each athlete and starting box assignments.

**Timing:** We will be using the same runhigh.com timing system that has been used for many years. We are using cameras, so we will have a side still picture of each finisher at the finish line and a video clip of each finisher. A back-up manual system is also in place. Runners should be able to quickly exit the chute without delay. The timing area must be kept clear except for meet workers and meet management.

**Results:** All results will be posted Saturday on the [pa.milesplit.com](http://pa.milesplit.com) Website as soon as possible.

**PIAA State Meet:** The following number of teams and individuals will qualify for the PIAA State Championships which will be held at the Parkview Cross Country Course, located in Hershey, PA on Saturday, November 4<sup>th</sup>, 2022:

\* **AAA:** Top team plus next FIVE individual runners

\* **AA:** Top team plus next FIVE individual runners

\* **A:** Top 2 teams plus next TEN individual runners

PIAA State Meet information will be included in each school's team packet.

**Awards:** District IX will award a Championship plaque to each first-place team. Individual medals will be awarded to each State Meet qualifier. Additional medals can be ordered by contacting Aaron Straub at Elk County Catholic.

**Concessions:** There will be a concession stand operated by the Ridgway sports boosters.

**Meet T-Shirts:** T-shirts will be done by pre-order only. Bob Tonkin/Mary Bowman will be sending out order forms.

**Team Practices on Meet Course:** Schools may practice on the championship course **with permission** after 3:30 PM on October 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup>. Other dates may be requested but require pre-approval from Holly Morelli, Ridgway Site Manager. Holly's Phone number is 814-591-0986. It is important that the course be in the best condition possible for the meet. Therefore, the meet and site director reserve the right to prohibit practice on the site as warranted by weather and course conditions.

**Games Committee:** John Sherry, Aaron Straub, Holly Morelli, Dan Boyer, Eric Poague, and Jim Pierotti

**Meet Management:**

- \* **Meet Director:** John Sherry, Coudersport H.S. 814-274-8501
- \* **Asst. Meet Director:** Aaron Straub, Elk County Catholic High School
- \* **Site Manager:** Holly Morelli, Ridgway High School
- \* **Site Coordinators:** Marlin Konen, Bonnie Wolbert, Bill Howard, additional DIX committee members
- \* **Timing and Pre-registration:** Mark Courtney, Runhigh.com
- \* **PIAA Registered Officials:** Dan Boyer, Eric Poague, Jim Pierotti
- \* **Licensed Athletic Trainers:** Ashley Mulcahy & Shawna Meyer
- \* **DIX Staff:** Aaron Straub, Bob Tonkin, Bud Brennen, Shawn Deemer, Mike Erickson, Bill Howard, Bill Jordan, Anita Orton, John Sherry, Bonnie Wolbert