

# **Suburban League Coaches' and GYTOA Meeting Agenda**

- **Schedule - attachment**
- **Awards**
- **Meet procedures**
- **Championship meet info - attachment**
- **Uniform rules**
- **Starting commands**
- **Breaking ties**
- **Expectations**
- **Other points of emphasis**
- **Tournament info**
- **Other info**

# Schedule

- The league schedule and officials' schedule are attached.
- No rain dates are scheduled.

## Awards

Same as last several years

Regular season

Top 25 in each regular season race (HS & MS)

Top varsity boys and girls teams at end of season

Championship Meet

Top 5 varsity teams

Top 2 MS teams

Top 14 varsity runners - plaque

Next 7 – medal

Ribbons through 50<sup>th</sup>

MS – top 14 – medals

Ribbons through 50<sup>th</sup>

# Meet procedures

- Report on time for each race (10 minutes before scheduled start)
- NOTE CHANGES IN START TIMES
- Turn in stickers on time – 10 minutes after next race starts
  - If you have a large roster, get top 7 in right away!
- Print your own labels with athletes' names and school
- Scoring – x out stickers if less than 5/more than 7 runners
- Reporting results to newspapers – host school
- Weather considerations – access to emergency help, availability of water at finish

# Championship meet info

- Tuesday, September 19, 4:30 pm
- Canfield Fairgrounds
- Entry procedure – Baumspage as usual
- attachment

# Uniform rules

- Review OHSAA cross country manual – pages 5 through 8
- New uniforms that look slightly different
- Key points
  - Waist band worn above hips – no rolling the waist band
  - Jersey must cover waist band
  - Hats/gloves at referee's discretion – hat must be stocking cap
  - Socks, sleeves – no restrictions
  - Logos – number and size limitations
  - Knots in jerseys not allowed
  - Pre-race meeting with referee constitutes everyone's warning!
  - Undergarment tops and bottoms can be different color
  - Atomizers (or other medical requirements) – doctor's note **stating that it is required for competition**
  - GPS watches not allowed
  - Religious exceptions must be approved in advance – email Dale Gabor ([dgabor@ignatius.edu](mailto:dgabor@ignatius.edu)) with details – he will send approval

## Coach Checklist – Competitor Uniform

It is the responsibility of the coach and competitor to be sure that the competitor is dressed in the proper

uniform for competition. This checklist is provided to remind coaches of the proper uniform. If there are further clarifications needed, ask the **Tournament Referee**. Do not ask other officials.

NOTE: If there is any question that cannot be answered affirmatively, then the problem must be resolved

in order for the competitor to compete.

### A - Uniform

- \_\_\_\_\_ 1) Is the top (full length) and bottom or one-piece uniform school issued?
- \_\_\_\_\_ 2) Is the uniform a one-piece uniform or a boxer-type bottom or a closed-leg brief?
- \_\_\_\_\_ 3) Does the top have the tournament number securely fastened on the top or one-piece uniform?
- \_\_\_\_\_ 4) ***Are all team members wearing the same color and design school uniform?***
- \_\_\_\_\_ 5) Are all competitors wearing shoes securely fastened to the foot?

### B - Visual Apparel Worn Under the Jersey or Shorts

- \_\_\_\_\_ 6) Is the visible shirt worn under the top unadorned and of a single solid color? Is the visible apparel worn under the bottom or one-piece uniform – IF BELOW THE KNEE - unadorned and of a single color?
- \_\_\_\_\_ 7) If there is a manufacturer's logo – is it no larger than 2 1/4 square inches?
- \_\_\_\_\_ 8) Does the visual apparel worn under the top or bottom or one-piece uniform have a design or printing that will not be visible outside or through the top or bottom or one-piece uniform?
- \_\_\_\_\_ 9) If more than one team member is wearing a visible shirt or apparel under the one-piece uniform, top or bottom, is the color of the shirt or apparel on the team members the same color?

### C - Other Apparel

- \_\_\_\_\_ 10) If any runner wears a cap, is it the Navy Watch Style knit cap with no bill with a tassel or tail no longer than 1/2 the depth or length of the cap?
- \_\_\_\_\_ 11) If any runner wears a headband, is the headband manufactured for that purpose?

# Starting commands

- 1 long whistle, gun
- Flag dropped simultaneously with firing of gun
- Recall gun

## Breaking ties

- 6<sup>th</sup> man, or add top 4 runners
- Applies to all places, not just first

# Expectations

- The league will provide each host site with:
  - Clerk, starter/referee, finish judge, timer (with printing stopwatch), and 2 scorers
  - All necessary scoring material – posters, stickers
  - Ribbons for each race
  - Host schools please pick up supplies before you leave tonight!



# Expectations

- Each host school is expected to provide:
  - Adequate parking directions, with helpers as needed
  - Safe, well marked and **measured** course
  - Finish chute
  - Responsible personnel to distribute scoring stickers and place ribbons in the chute
  - Adequate water in the finish area
  - Access to medical attention if needed (have appropriate phone numbers and cell phone ready)
  - Posting and communicating of results
  - Final scores and top finishers to media and league. Please include point totals for teams as well as places. Times for top 10-15 finishers in each varsity race, and top 5-10 in each middle school race – some newspapers will print middle school results.

# Expectations

- All coaches are expected to:
  - Know and teach the rules to their athletes, especially (but not only) the uniform rules
  - Be aware of weather conditions such as heat/humidity, and know your athletes' preparation for the conditions
  - Varsity coaches please communicate with middle school coaches and other members of your program
  - Pacing – educate parents/athletes
  - Holding hands during race
  - Spectator/parental interference with officials
  - **Get your team to the starting line on time!**
  - Report dropped runners
  - Legibility of stickers
  - **Get scoring stickers turned in promptly!** Complete and submit scoring stickers within 10 minutes after the start of the next race. Stickers submitted later than that may not be included in the scoring. We suggest printing small labels with each runner's name and school on them that can be stuck on the scoring sticker. This will save you and the scorers' time, and improve legibility.
  - Be good guests – police your teams' camps before leaving each site. Most host schools rely on public parks for their facility and your help and cooperation helps insure their future availability.
  - Emphasize good sportsmanship

# Other points of emphasis

- Course markings – red=left, yellow=right, blue=straight
- Painted line
- Cutting the course
- Cross Country runners may be provided water during competition provided the water is made available to all competitors. In order to prevent interference by a non-runner who is trying to give water to team members, we highly suggest that the games committee and or referee designates specific areas where the water can be distributed.
- [www.gytoa.com](http://www.gytoa.com) – scores, standings, other info – click Suburban League link on left side of page
- OHSAA manual is available on line
- League and conference meets, county meets – host schools are responsible for all aspects of running those meets.
- Remember to get “5 on the line” at district!

# Scheduling for 2018

- A committee will be formed
- It will consist of myself, Rob Conklin, and Jim Fox along with 3 coaches
- Thanks to Crystal Siembida Boggs, Stacey Hunter, and Dan Libert for working on this year's schedule
- We will select the coaches from among those who volunteer
- To volunteer, please email me (see packet for email address)
- The committee will meet within 2 weeks of the state meet with the goal of getting the schedule out by Thanksgiving
- Suggested changes for next year include going to 4 sites each week, moving meets to Wednesdays

# Tournament information

- Northeast District schools check at:
- <http://www.nedab.org>
- East District schools check at:
- <http://www.eastohsaa.com>

# League Schools Hosting Invitationals

- Aug 26 McDonald Billy Goat Challenge
- Aug 31 Maplewood Oscar Grant Inv.
- Sept 9 East Palestine Rotary Inv
- Sept 9 Ray Sweeney Inv (Brookfield)
- Sept 16 Spartan Inv (Boardman)
- Sept 23 Jean Smith Inv (Lordstown)
- Sept 23? Niles Inv
- Sept 30 Clipper Inv (Columbiana)
- Oct 7 Jackson-Milton Inv
- Oct 7 Legends Inv (Maplewood)
- Oct 11 Mahoning Valley Jr Hi Inv (McDonald)
- Oct 14 Sim Earich Inv (MVTOA)