

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 50th
 - MS – top 14 – medals
 - Ribbons through 50th

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!
- **Runners who cannot complete the race in 30 minutes (20 min MS) will have an alternate finish area adjacent to the regular chute.**
- **Coaches who have a runner who will not finish in 30 minutes and will affect team scoring (top 5) must notify the finish officials ASAP. Those coaches are responsible to collect the finish label and give it to the official scorers promptly.**
- Print your own labels with athletes' names and school (suggestion)
- Scoring – x out stickers if less than 5/more than 7 runners
- Reporting results to newspapers – league responsibility
- Weather considerations – access to emergency help, availability of water at finish

Championship meet info

- **Wednesday**, September 19
- 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, but same within team
 - 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) with details – he will send approval

Starting commands

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

Breaking ties

- 6th man, or add top 4 runners
- Applies to all team 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, and will report results to newspapers
 - 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)

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 – 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.

Tournament information

- Northeast District schools check at:
 - <http://www.nedab.org>
- East District schools check at:
 - <http://www.eastohsaa.com>
- Team count will now be based on 5 finishing, NOT “5 on the line”

League Schools Hosting Invitationals

- Aug 25 McDonald Billy Goat Challenge
- Aug 30 Maplewood Oscar Grant Inv.
- Sept 8 East Palestine Rotary Inv
- Sept 8 Ray Sweeney Inv (Champion)
- Sept 15 Spartan Inv (Boardman)
- Sept 22 Jean Smith Inv (Lordstown)
- Sept 22 Niles Inv
- Sept 29 Clipper Inv (Columbiana)
- Oct 6 Jackson-Milton Inv
- Oct 6 Legends Inv (Maplewood)
- Oct 9 Mahoning Valley Jr Hi Inv (McDonald)
- Oct 13 Sim Earich Inv (MVTOA)