



2024 GHSA CROSS COUNTRY STATE MEET COACHES' INSTRUCTIONS



The State Championship Course for all classifications is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHSA sanctioned/scheduled meet is run during the regular season on the course and a school enters the event).

1. Course Preview, Practice and Early Packet Pickup Times: State Meet Course Map (<https://www.ghsa.net>)

COACHES ONLY are allowed to pick up team packets.

Early packet pickup available and replacements on roster Declaration Forms accepted

- a. **Thursday, November 7, 2024: 3:30-5:30pm** – Course open for preview and practice **ONLY** for participants in Friday's races.
- b. **Friday, November 8, 2024: 3:30-5:30pm** – Course open for preview and practice for participants in Saturday's races. The Course is **CLOSED** on Friday after the conclusion of Friday's races until 3:30pm in order for Meet Management to re-mark and re-condition the Course.

NOTE: Coaches and teams MUST adhere to the published times for which the course is open for preview and practice. The Carrollton Greenbelt is adjacent to the Carrollton Elementary School campus for practice.

NO teams or individual athletes competing on Friday will be allowed on the course on Thursday, other than during the published 3:30-5:30pm time.

NO teams or individual athletes competing on Saturday will be allowed on the course on Friday, other than during the published 3:30-5:30pm time.

2. Bibs with chips will be assigned ONLY to the seven (7) runners, who have been confirmed by each Qualifying Team coach. Athletes must wear assigned numbers, unaltered and clearly visible.
3. On Race Day, Qualifying Team coaches may make necessary changes for the seven athletes who actually compete by using a Declaration Form to finalize any REPLACEMENTS for the original seven runners. The Declaration Form is submitted to Meet Management at the packet pick-up table (**Deadline is 30 minutes before each race start time**). If there are NO CHANGES, the form does NOT need to be completed. Complete the form before leaving the check-in area.
4. When you get back to your team area, please distribute the bibs with chips to the assigned runners. The bib number must be attached, unaltered, to the front of the uniform top. Make sure your athletes attach the bibs securely before running.

NFHS RULE 8-3-3: ...A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponder/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: A competitor not wearing the assigned contestant number and/or computerized transponders/chips, or altering such items in a manner which interferes with the recording of place finish, is a rule violation resulting in disqualification from the race.

5. Please check the order of finish and team scores on the posted results board or on line at MileSplit GA.