

**OHIO HIGH SCHOOL ATHLETIC ASSOCIATION  
SOUTHWESTERN DISTRICT  
2015 BOYS AND GIRLS CROSS COUNTRY RULES & REGULATIONS**

ALL TOURNAMENT INFORMATION MUST BE SENT BY TOURNAMENT MANAGERS TO COMPETING SCHOOLS BY SEPTEMBER 18, 2015.

1. All races in Divisions I and II at Voice of America Park will be open races consisting of two races. All races in Divisions I, II, and III at Miami Valley CTC will be open races consisting of one race which is comprised of two groups. All online voting materials will be emailed to the Athletic Director who will provide this information to his coach. The coach will make his comments pertinent to his team online from Sunday, September 27 to Wednesday, September 30. Online voting will begin on Thursday, October 1, 2015. Each coach must vote online by Saturday, noon, October 3, 2015. The coaches will meet on Sunday, October 4, 2015, 2:00 p.m. The tournament manager will distribute in written form the seed voting of all coaches at the beginning of the coaches' meeting. Ties will be broken prior to the placement of teams in the tournament. Teams will place themselves in the race of their choice as long as spots are available. A nearly equal number of teams will compete in each race.

By board action, the coach can not vote for his school in the seeding process, and the highest and lowest votes for each school will be dropped. Also, the coach that does not vote will have his next highest vote dropped as well.

If any team does not show up at the tournament placement meeting, the manager will place that team on behalf of the school. When it is time for the absent team to select, based on the seed, the manager will place the team into the race with the most available spots.

2. With the capabilities of MyOHSAA, the manager will secure the eligibility form electronically. If not possible, the coach must have both forms in the possession of the meet manager one week prior to the meet, October 10, 2015.
3. To be counted in team standings, a team must start and finish a minimum of five (5) eligible runners.
4. Cross Country Managers shall utilize rated track officials.
5. District Managers will e-mail the Financial Report to District Board Treasurer: Bob Huelsman, [bhuelsman@ohsaa.org](mailto:bhuelsman@ohsaa.org) . After approval, tickets and check can be sent to him at PO Box 277, Covington, Ohio 45318.
6. Each District Manager is responsible to notify participating schools as to the time District Meets will be run.
7. Admission is to be \$6.00. A parking charge of up to \$2.00 is permitted **provided that it is at a high school venue and a high school club or organization is collecting the money.**
8. BOYS AND GIRLS DISTRICT MEETS are to be conducted on Saturday, October 24, 2015, with qualifiers from each District Meet to the Regional Meet as follows:

<u>DIVISION I DISTRICTS</u>	<u>BOYS</u>		<u>GIRLS</u>
West Chester	4	teams	4
West Chester	4	teams	4
Dayton	4	teams	4
Dayton	4	teams	4

DIVISION II DISTRICTS

West Chester	3	teams	3
West Chester	3	teams	3
Dayton	3	teams	3
Dayton	3	teams	3

DIVISION III DISTRICTS

Cincinnati	3	teams	3
Dayton	5	teams	5
Dayton	4	teams	4

**9. Weather Policy**

**Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.

**National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers should be at a heightened level of awareness to the potential danger of lightning.

**Management.**

**Evacuation** - If lightening is imminent or a thunderstorm is approaching, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

**Thirty-minute rule** - Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is mandatory to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes.

Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and Another count shall begin.