



**Arizona Interscholastic Association, Inc.**

# **2009 AIA State Cross Country**

## **TOURNAMENT GUIDE**

**Schedule, Rules, Regulations, Instructions**

### **AIA State Tournament Coordinator**

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**Table of Contents**  
**2009 AIA State Cross Country Tournament Guide**

<b>Topic</b>	<b>Page Number(s)</b>
Member Schools Participating in Cross Country (1A/2A/3A)	3
Member Schools Participating in Cross Country (4A/5A)	4
Cross Country Tournament Schedule	5
Games Committee	5
General Instructions	6
Qualifying Instructions	6
Special Instructions	7
Admission Prices	7
Trophies	7
Student Media Credentialing	8
Programs & Souvenirs	8
City of Phoenix – Cave Creek Golf Course	8
Parking/Directions	8
Cross Country Registration and Entry	9-10
Course Map	11



# Member Schools Participating in Cross Country

## 2009 AIA State Cross Country Tournament Guide

### 1A/2A Conference

#### Metro-West

Arizona Lutheran  
Camp Verde  
Gilbert Classical  
Gilbert Christian  
Horizon Honors  
Mayer  
Northwest Christian  
North Pointe Prep  
Phoenix Country Day  
Scottsdale Christian  
Tempe Prep  
Valley Christian  
Valley Lutheran  
Veritas  
Yuma Catholic

#### North

Cibecue  
Greyhills  
Hopi  
Many Farms  
Northland Prep  
Pinon  
Red Mesa  
Rock Point  
Rough Rock  
Shonto Prep  
St. Michaels  
The Orme School  
Valley (Sanders)

#### South

Academy of Tucson  
Baboquivari  
Benson  
Bowie/San Simon  
Bisbee  
Canyon State Academy  
Pusch Ridge Christian  
San Carlos  
San Manuel  
San Miguel  
St. Gregory  
St. Augustine Catholic  
Tanque Verde  
Thatcher  
Tombstone  
Tohono O'Odham  
Wilcox

### 3A Conference

#### East

Alchesay  
Blue Ridge  
Payson  
Round Valley  
Show Low  
Snowflake

#### North

Chinle  
Ganado  
Holbrook  
Monument Valley  
Tuba City  
Window Rock  
Winslow

#### South

Coolidge  
Empire  
Florence  
Fountain Hills  
Globe  
Safford  
San Tan Foothills  
Santa Cruz

#### West

Chino Valley  
Estrella Foothills  
Parker  
River Valley  
Sedona Red Rock  
South Pointe  
Wickenburg



# Member Schools Participating in Cross Country

## 2009 AIA State Cross Country Tournament Guide

### 4A Conference

#### Division I

##### Desert Sky

Apache Junction  
Cactus Shadows  
Campo Verde  
Combs  
McClintock  
Poston Butte  
Queen Creek  
Saguaro

##### Kino

Cienega  
Desert View  
Marana  
Nogales  
Sahuaro

##### Sonoran

Canyon del Oro  
Catalina Foothills  
Flowing Wells  
Pueblo  
Sabino  
Vista Grande

##### West Valley

Agua Fria  
Bradshaw Mountain  
Copper Canyon  
Dysart  
Peoria  
Raymond Kellis  
Sunrise Mountain

##### Western Sky

Apollo  
Glendale  
Independence  
Moon Valley  
Prescott  
Shadow Mountain  
Sunnyslope

### 4A Conference

#### Division II

##### Black Canyon

Cactus  
Cortez  
Greenway  
Paradise Valley  
Thunderbird  
Washington

##### East Sky

Arcadia  
Coronado  
Higley  
Maricopa  
Notre Dame Prep  
Seton Catholic  
Tempe  
Williams Field

##### Gila

Amphitheater  
Catalina  
Cholla  
Douglas  
Palo Verde  
Rio Rico  
Sahuarita  
Santa Rita

##### Grand Canyon

Coconino  
Flagstaff  
Mingus Union  
Mohave  
Page  
Sinagua

##### Skyline

Buckeye  
Desert Edge  
Liberty  
Shadow Ridge  
Sierra Linda  
Verrado  
Youngker

### 5A Conference

#### Central

Basha-D1  
Corona del Sol-D1  
Dobson-D1  
Gilbert-D1  
Highland-D1  
Mesquite-D1  
Mt. View (Mesa)-D1

#### Desert Valley

Chaparral - D2  
Desert Mountain - D2  
Horizon - D2  
North Canyon - D1  
Pinnacle - D2  
Saint Mary's D1

#### Desert West

Centennial - D2  
Cesar Chavez - D1  
Ironwood - D2  
La Joya - D2  
Millennium - D2  
Tolleson - D2  
Westview - D2

#### East Valley

Casa Grande - D1  
Desert Ridge - D1  
Marcos de Niza - D2  
Mountain Pointe - D1  
Perry - D2  
Skyline - D1  
Westwood - D1

#### Fiesta

Brophy - D1  
Chandler - D1  
Desert Vista - D1  
Hamilton - D1  
Mesa - D1  
Red Mountain - D1  
Xavier - D1

### 5A Conference

#### Gila Valley

Cibola - D2  
Gila Ridge - D2  
Kofa - D1  
Lake Havasu - D2  
San Luis - D1  
Yuma - D2

#### Metro

Alhambra - D1  
Betty H Fairfax - D2  
Camelback - D2  
Carl Hayden - D2  
Central - D2  
Maryvale - D1  
North - D1  
South Mountain - D2  
Trevor Browne - D1

#### Northwest

Barry Goldwater - D2  
Boulder Creek - D2  
Deer Valley - D2  
Kingman - D2  
Mountain Ridge - D1  
SDO - D2  
Valley Vista - D2  
Willow Canyon - D2

#### Southern

Buena - D1  
Ironwood Ridge - D2  
Mt. View Marana - D2  
Rincon - D2  
Salpointe Catholic - D1  
Sunnyside - D2  
Tucson - D1



## Member Schools Participating in Cross Country

2009 AIA State Cross Country Tournament Guide

**Site:** Cave Creek Golf Course; 15202 N. 19<sup>th</sup> Avenue; Phoenix, AZ 85023; 602-866-8076

**Course Distance: 3.1 miles**

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### Saturday, November 7, 2009

#### Morning Session

7:30 a.m. Walk Through  
7:45 a.m. Packet pick-up  
8:55 a.m. National Anthem  
9:00 a.m. 4A Division I Boys  
9:25 a.m. 5A Division I Girls  
9:55 a.m. 1A/2A Boys  
10:20 a.m. 4A Division I Girls  
10:45 a.m. 5A Division I Boys  
11:10 a.m. 1A/2A Girls

#### Afternoon Session

11:30 a.m. Walk Through  
11:45 a.m. Packet pick-up  
12:55 p.m. National Anthem  
1:00 p.m. 4A Division II Boys  
1:25 p.m. 5A Division II Girls  
1:55 p.m. 3A Boys  
2:20 p.m. 4A Division II Girls  
2:45 p.m. 5A Division II Boys  
3:10 p.m. 3A Girls

\* All times are approximate and subject to change please be ready for your race!

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Awards will follow **official** race results.

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Packet pick-up will take place at information tent.

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**Note:** Course will not be open for walk-through until Saturday, November 7, 2009.

***COURSE is CLOSED for PRACTICE***

#### Games Committee

Dean Visser	AIA
Leonard Suarez	Meet Referee
Dave Shapiro	Site Director
Dan Reynolds	Clerk of Course
Dennis Hansen	Chute Director
Jim Poquette	Starter



**Cross Country Course Map**  
**2009 AIA State Cross Country Tournament Guide**

**RULES**

- Rules are those of the current edition of the National Federation Track and Field/ Cross Country Rules and Records, AIA Constitution and Bylaws and these tournament instructions.

**GENERAL INSTRUCTIONS**

- A Certified Athletic Trainer will be on site; however, whenever possible you should bring your own.
- If a participant requires medical attention, the parent/guardian/coach will be notified to meet in the medical area.
- Water will be available at meet site. However it is beneficial to bring your own.
- **Remember:** Section 6 competitor's uniform Art.7 page 71 ...*Contestants shall not wear jewelry.* Penalty: (All articles) for illegal uniform, the competitor is disqualified from the event.
- Under no circumstance is a parent or coach to enter the restricted area, which includes the following areas: scoring, finish and chute. Penalty will be disqualification of competing athlete.
- No spiked shoes permitted on Cave Creek Golf Course (Section 2 Art. 2 page 15).
- The AIA, Thunderbird H.S., North Hills Church nor the Cave Creek Golf Course shall be responsible for lost or stolen articles.
- Parking Lot will open for athlete drop-off @ 7:00 am. Pick-up will begin after the Awards Ceremony.

**TROPHIES**

Awards will be as noted in the AIA Constitution and Bylaws. Winning teams and runner-ups will receive team trophies. Individual medals will be awarded to the top 28 places.

**2009 ADMISSION PRICE**

**State Meet:** \$5.00

North Hills Church and Thunderbird High School parking lots will be open for parking. Buses will provide transportation to and from the Cave Creek Golf Course parking lot. Walk-ups can pay at the gate entrance.

**FREE ADMISSION**

Children five or under

All tournament workers

Media with proper credentials

AIA Lifetime Pass Holder and One Guest

AIA Complimentary Pass and One Guest

***Photo ID required for AIA Pass Holder and all AIA Complimentary Passes***



## Cross Country Course Map

### 2009 AIA State Cross Country Tournament Guide

#### SPECIAL INSTRUCTIONS

- The Cave Creek Golf Course will be **closed** and **off limits** until 7:30 am Saturday, Nov. 7, 2009, the day of the 2009 AIA State Cross Country Meet. Walk-through of the course will begin at approximately 7:45 a.m.
- Teams arriving by school buses will need to be dropped off at the Team Camp Area. This is a drop off only! After the bus is unloaded the driver must circle the parking lot from east to west and exit the parking lot. Coaches and drivers will be shuttled back to Cave Creek Golf Course. If a driver wishes to stay until the State Meet is completed, they can wait until the team and coaches are ready for pickup at the back of the parking lot. Shuttles will go to and from Cave Creek Golf Course to allow drivers an opportunity to watch the races. The parking lot will be open to school vans and mini buses only.
- In order to maintain a safe and efficient environment for all the participants, fans and workers we will be using a walking lane from the team camp area to the main part of the course. This will be barricaded and monitored by the event Staff. We ask for your help as coaches and school personal to instruct your athletes and fans not to cross the parking lot on foot in areas of high vehicle traffic.
- Teams and fans are asked to assist the Cave Creek Golf Course personnel by policing the area at conclusion of meet.

#### STUDENT MEDIA CREDENTIALING

In order to obtain a student media credential for the state tournament, the Athletic Director or the member school must fill out and email the student media credential form. The student media credential form is available on the Tournament Guides section of the AIA website and is titled *AIA – Student Media Credential Form*. The tournament guides page is located at:

[http://www.aiaonline.org/athletics/tournament\\_guides.php](http://www.aiaonline.org/athletics/tournament_guides.php)

#### MEDIA CREDENTIAL POLICY

**AIA has a Media Credential Policy that needs to be followed to protect the proprietary rights of the Association and to protect the student-athletes and coaches at region and state tournament events. The following link ([http://aiaonline.org/news/press\\_center.php](http://aiaonline.org/news/press_center.php)) is to the AIA Media Center which houses the AIA Media Credential Form and the AIA Approved Media List (those that have requested and been granted AIA media credentials). Please download the AIA Media Credential Form and should a media member need access that is not on the media list, they will need to sign off on the form. Please print out several of the Media Credential Forms so each media outlet fills out its own form. Should the media member refuse to sign off on the form, they will not be granted access to the region or state tournament event you're hosting.**

**At the conclusion of the event, please fax or mail those forms to the AIA so that we may follow up and credential those people the approved media list will be updated as forms are received and processed. Please download the AIA Approved Media List (which is constantly being updated) so that those members of the media that are already approved may be granted access. Please note that some members of the media might show up with Freelance Credentials. These have no pictures on them, but do allow for access to the event per the designated media outlet on the AIA Media Credential.**



**Cross Country Course Map**  
2009 AIA State Cross Country Tournament Guide

**PROGRAMS AND SOUVENIRS**

**Deadline to submit team photos/rosters: Friday, October 16, 2009**

Kukulski Brothers is the official supplier for AIA Programs and Souvenirs. *Sale or distribution of AIA State Tournament related game programs, t-shirts or any other souvenirs by any individual or company other than the Kukulski Brothers at any AIA State Tournament playoff site or game is prohibited.*

Playoff programs, t-shirts, caps, etc. will be available at as many sites as possible.

Parents, spectators and participants want to see their school team picture and names included in the souvenir program. Please make every effort to meet the following deadlines.

Please call David Kukulski or Dan Kukulski at (480) 921-1975 if you have any questions regarding AIA Team Pictures, Team Rosters, Programs, Souvenirs or Digital Photography.

**CITY OF PHOENIX – CAVE CREEK GOLF COURSE**

The City of Phoenix Parks and Recreation is our partner for the 2009 AIA State Cross Country Meet. Thanks again for helping the AIA promote the sport of Cross Country! This joint effort by many different individual people is greatly appreciated and has not gone unnoticed.

**PARKING/DIRECTIONS FOR FANS**

From the South: Go north on I-17 and exit on Thunderbird Rd. Go east on Thunderbird past 19th Avenue and make a left at the next light into the Thunderbird High School parking-lot.

From the North: Go south on I-17 and exit on Greenway. Go east on Greenway to 19th Ave. Then head south on 19th Avenue to North Hills Churches southern entrance (second entrance) turning left into the parking-lot.

Fans will need to pay for the shuttle bus in order to get into the event. Tickets will get you on the bus for a ride to and from the event. **CASH ONLY!**

**Qualifying Standards:**

Individual conference qualifying standards can be found in conference handbooks. 1A qualifications will follow 2A standards. Handbooks can be found on AIA web site under Athletics, Conference Handbook and then click on desired conference level. Standards will be found under the cross country section of the handbook.



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2009 AIA State Cross Country Tournament Guide

**TO ALL CROSS COUNTRY COACHES:**

**Instructions for all coaches:**

1. Sign up for a free coach account at [www.Athletic.net](http://www.Athletic.net) (if you haven't already)
  - a. Click here to go to the Athletic.net Arizona XC Homepage:  
<http://www.athletic.net/CrossCountry/Arizona/>
  - b. Find and click on the link to your school.
  - c. Click "Sign up for a free account"
  - d. Follow the instructions to sign up and activate your account.
2. Enter your athletes on the "Edit Athletes" page under Coach Tools.
3. Register your athletes for the correct regional meet.
  - a. Click on the regional meet in your calendar.
  - b. Click "Register Athletes" under Team Tools on the right-hand side.
  - c. Register the appropriate athletes and click "Save Registration"
4. You can use this free time-saving team management tool throughout the season to track statistics, register for meets, and collect meet entries.

**REGION TOURNAMENT DIRECTORS**

1. Sign up for a free coach account at [www.Athletic.net](http://www.Athletic.net) (If you haven't already)
  - a. Click here to go to the Athletic.net Arizona XC Homepage:  
<http://www.athletic.net/CrossCountry/Arizona/>
  - b. Find and Click on the link to your school.
  - c. Click "Sign Up for a free account"
  - d. Follow instructions to sign up and activate your account.
2. Add the regional meet to your calendar.
  - a. Click "Edit Calendar under Coach Tools
  - b. Select the date of your regional meet.
  - c. If a school has added the meet already then you can add the meet and choose to be the meet host. If not, then you can add the meet.
3. Download the entries to run your meet.
  - a. On the Meet Page click "Download Entries" under the Meet Host tools on the right – hand side. (If you don't see the Meet Host tools you might not have set yourself as the meet host, do this on the "Edit Meet Information.")
  - b. Load these Entries into your meet manager and run your meet. (Athletic.net has a free Excel; Meet Manager- click here for more info:  
<http://cs.athlwtic.net/blogs/emm/pages/emmx.asp>).
4. Upload your meet results back into Athletic.net.  
On the Meet Page click "Upload Results" under the Meet Host tools on the right-hand side.



**Cross Country Course Map**  
**2009 AIA State Cross Country Tournament Guide**

Notify **Scott Kerr** of the regional tournament winners immediately after Region Tournament via email at [scott.kerr@dysart.org](mailto:scott.kerr@dysart.org).

All athletes running at the State Meet *must be* entered with **Athletic.net**. Logon and follow directions at [www.athletic.net](http://www.athletic.net).

Changes can be made prior to race time (no later than 8:00 am for the morning races and no later than 11:00 am for afternoon races). Each runner will receive two Chips one for each foot.

**DEADLINES FOR REGISTRATION**

- 1A-2A**      BY – MONDAY 12:00 PM, NOVEMBER 2, 2009
- 3A**            BY – MONDAY 12:00 PM, NOVEMBER 2, 2009
- 4A**            BY – MONDAY 12:00 PM, NOVEMBER 2, 2009
- 5A**            BY -- MONDAY 12:00 PM, NOVEMBER 2, 2009



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2009 AIA State Cross Country Tournament Guide

