



NEW PRAIRIE HIGH SCHOOL
HOME OF THE COUGARS
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www.NPCougars.com



INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION BOYS AND GIRLS CROSS COUNTRY REGIONAL #1



HOST: New Prairie High School
5333 N. Cougar Road New Carlisle, IN 46552

DATE: Saturday, October 21, 2023

TIMES: Boys Race: Report to the start line by 10:25am - **Race will start at 10:30am CENTRAL.**
Girls Race: Report to the start line by 11:10am - **Race will start at 11:15am CENTRAL.**

ALL PARTICIPATING SCHOOLS AND COACHES SHOULD FAMILIARIZE THEMSELVES WITH THE 2023 – 2024 IHSAA FALL BULLETIN (NO. 1, VOLUME 120) FOR INFORMATION PERTINENT TO THE CROSS COUNTRY TOURNAMENT SERIES.

New Prairie High School is excited to host this year's IHSAA Cross Country Semi-State Championship. We solicit your cooperation and help in making this a rewarding experience for all participating student-athletes and fans. If you have any questions or concerns after reading through the information provided, please contact us at 574-654-0264.

Tickets: All tickets are \$10 will be available through the end of the Regional. Children 5 and under admitted for free. **All tickets will be digital through your mobile phone and may be purchased through [Eventlink](#).** Present your purchase verification on your mobile phone at the gate for admission. Be sure to purchase your tickets prior to arriving at New Prairie HS.

NO Pets will be admitted. Proper documentation is required for working service animals.

***Ticket Gates will open at 9:35am CENTRAL.**

Parking: Cars will park in the main NPHS parking lots. Please see map attached to ticket link.

All team buses will be routed to designated parking areas on the north side of the school. No cars will be allowed past this gate area. All fans and coaches with cars should park in the main NPHS parking lots. A sign in sheet will be available for school personnel.



Be aware - New Traffic Pattern: Cougar Road has officially become one way from State Road 2 to New Prairie High School

Cougar Road is now one way from State Road 2 northbound to New Prairie HS. Cougar Road is two-way traffic southbound from US Highway 20 to the New Prairie HS. **This means that all traffic will need to turn right towards US 20 when leaving New Prairie HS.**

REPORTING OF TEAMS: *Coaches may begin checking in at the Cross Country Pavilion next to the finish arch at 9:00am CENTRAL.* Coaches will be given an envelope containing meet information, a map of the course, lane assignments, bib numbers (which are not to be cut, torn, folded or mutilated in any way) and pins for securing the numbers. Included in each packet is a trash bag. Please have your respective team(s) do their best to clean up their camp areas by using the trash bags and finding the nearest trash can.

CONTESTANT NUMBERS: Each contestant will be assigned a bib number that shall be pinned on the lower front of the shirt with safety pins that are provided. It is important that these numbers be securely pinned to the uniform top so they are clearly visible to the course inspectors and finish judges at all times during and immediately following the race.

2023 LANE DRAWS FOR THE IHSAA REGIONAL: See attachment to your email.

**IHSAA OFFICIAL STARTER: Steven Caswell
IHSAA Assistant Starter: Curt Parrish
IHSAA Second Assistant Starter: Teresa Chester**

***STARTING LINE PROCEDURES
(Coaches Please Read)***

5:00 MINUTES BEFORE EACH RACE – FIRING OF THE STARTER’S PISTOL

Indicates runners should report to the starting line

2:00 MINUTES BEFORE EACH RACE – FINAL INSTRUCTIONS GIVEN TO RUNNERS

Runners should be in their starting alley position

Finish line protocol will be covered

Starting line instructions given

ENTRY LISTS: The official IHSAA Entry List must be completed by the high school principal and filed with the IHSAA Commissioner and center school **no later than Monday, October 2nd, 2023.** Participating Schools shall submit their entries electronically at www.myihsaa.net on their member dashboard. A notification from the IHSAA Office will acknowledge receipt and correctness of your school's entry. Coaches and Principals are encouraged to proofread and double check the entry list for accuracy. Your Sectional list will be used for the IHSAA Regional unless you instruct the IHSAA Office otherwise via phone by **Monday, October 16th, 2023.**

COURSE INSPECTION: There will be race inspectors placed throughout the course. It is our philosophy that these course inspectors are there to prevent errors on the part of the participants. The inspectors will give instructions to those who appear to be straying off course. It is the responsibility of the runner to know the course. Runners who do not follow the correct course will be disqualified.

TIME SCHEDULE:

- 9:00 am CST** Teams may arrive/begin checking in and make necessary scratches.
Course tour for both Boys and Girls races
- 10:00 am CST** Boys and Girls coaches are to complete check in and pick up school packets.
- 10:20 am CST** National Anthem
- 10:25 am CST** Teams and individual participants in the **Boys** race are to report to the starting line for final instructions.
- 10:30 am CST** **IHSAA Boys 5,000 Meter Championship Race**
- 11:10 am CST** Teams and individual participants in the **Girls** race are to report to the starting line for final instructions.
- 11:15 am CST** **IHSAA Girls 5,000 Meter Championship Race**

SCORING: All scoring will be done using *RFID Bibs by T&H Timing*

AWARDS: Will take place in the NPHS main gym following the completion of the second race and once all results have been reviewed. Enter through doors S1, E 19, N17 or N18.

1. Ribbons will be given to the coaches of the first twenty individuals in the **Boys** race.
2. Announcement of Boys team scores/presentation of the IHSAA trophy to the winning **Boys** team coach.
3. Ribbons will be given to the coaches of the first twenty individuals in the **Girls** race.
4. Announcement of Girls team scores/presentation of the IHSAA trophy to the winning **Boys** team coach.

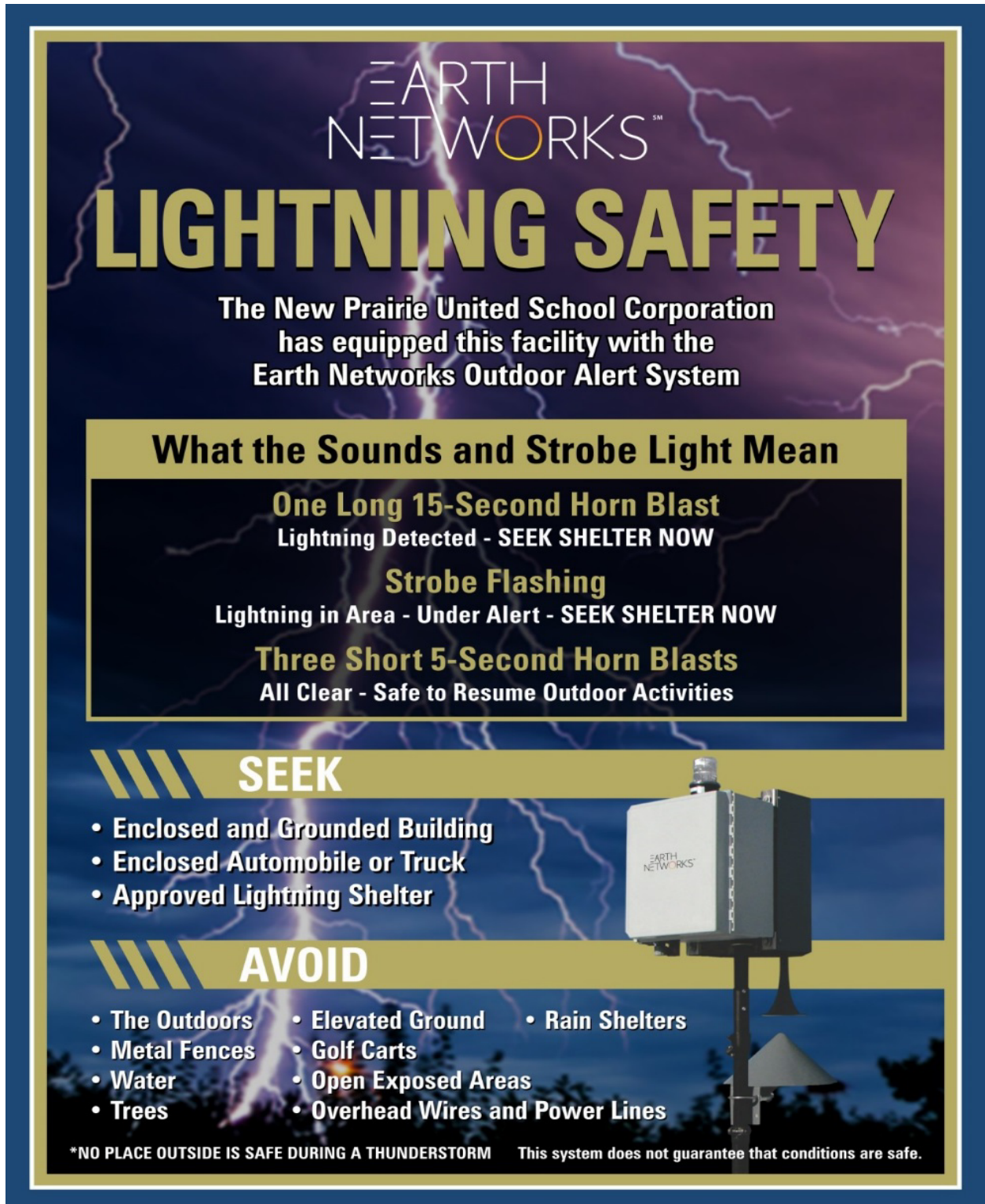
ADVANCEMENT TO THE STATE FINALS: The top fifteen (15) individuals from non-advancing teams and the first five (5) qualifying teams shall be eligible to advance to the IHSAA State Finals in Terre Haute.

SEVERE WEATHER: This New Prairie campus is protected by an Earth Networks Outdoor Alert System. A flyer is attached explaining what lightening detection system sound and strobe (located on the east side of NPHS) mean. **If an alert is issued, your student athletes MUST take shelter in either of our two gyms. Weather updates will be made available on NP Cougars.com**

Good Luck to all student-athletes and coaches!

For severe weather updates at this event, please go to www.NPCougars.com.

If a lightning alert is issued, all participants & coaches will need to enter the gym(s) inside New Prairie HS.

A large sign with a blue background and yellow lightning bolts. The sign features the Earth Networks logo at the top, followed by the title 'LIGHTNING SAFETY' in large yellow letters. Below the title, it states that the New Prairie United School Corporation has equipped the facility with the Earth Networks Outdoor Alert System. The sign is divided into sections: 'What the Sounds and Strobe Light Mean', 'SEEK' (with a list of safe locations), and 'AVOID' (with a list of unsafe locations). A photograph of the alert system hardware is shown on the right side. A disclaimer at the bottom states that no place outside is safe during a thunderstorm and that the system does not guarantee safety.

EARTH NETWORKSSM

LIGHTNING SAFETY

The New Prairie United School Corporation
has equipped this facility with the
Earth Networks Outdoor Alert System

What the Sounds and Strobe Light Mean

One Long 15-Second Horn Blast
Lightning Detected - **SEEK SHELTER NOW**

Strobe Flashing
Lightning in Area - Under Alert - **SEEK SHELTER NOW**

Three Short 5-Second Horn Blasts
All Clear - Safe to Resume Outdoor Activities

SEEK

- Enclosed and Grounded Building
- Enclosed Automobile or Truck
- Approved Lightning Shelter

AVOID

- The Outdoors
- Metal Fences
- Water
- Trees
- Elevated Ground
- Golf Carts
- Open Exposed Areas
- Overhead Wires and Power Lines
- Rain Shelters

*NO PLACE OUTSIDE IS SAFE DURING A THUNDERSTORM This system does not guarantee that conditions are safe.