



# 2023 OSCHNER HEALTH LHSAA CROSS COUNTRY

*State Championship Bulletin*

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# IMPORTANT DATES

DATE	EVENT
TUESDAY, OCTOBER 9, 2023	Deadline for submitting GPAs online seniors for All - Academic
MONDAY, OCTOBER 30, 2023	Regional Entry Deadline
SATURDAY, NOVEMBER 4, 2023	Regional Meet Deadline
SATURDAY, NOVEMBER 4, 2023	Boys' and Girls' End of Regular Season
TUESDAY, NOVEMBER 7, 2023	Boys' and Girls' State Entry Form/Fee Deadline  <b>*Qualifying teams and individuals must create an invoice through the LHSAA member site, pay online, or bring a school check to packet pickup at the 2023 State Cross Country Meet.</b> <b><u>(DO NOT SEND CHECKS IN THE MAIL)</u></b>
MONDAY, NOVEMBER 13, 2023	Boys' and Girls' State Meet (All Divisions)
WEDNESDAY, NOVEMBER 15, 2022 - END OF SCHOOL	Weight training/ conditioning permitted. No practice/ contests allowed
SUNDAY, MAY 12, 2024	Summer Rules Begin

## REGIONAL MEET INFORMATION

Schools are highly encouraged to register up to 12 athletes (7 participants and 5 alternates) for their Regional Meet online through <https://LA.MILESPLIT.COM/>. Only the alternates registered at the regional meet may be substituted at the state meet for qualifying teams.

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## INSTRUCTIONS FOR STATE QUALIFIERS - ENTRY INVOICE & FEES

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All qualifying individuals and teams will be automatically advanced to the State Meet through the MileSplit platform. All alternates registered at the regional meets will be advanced as well and cannot be changed. The top seven (7) athletes shall be declared at packet pickup.

If you have a team or individual qualify, you will need to create an invoice on the LHSAA Member Site and have the principal pay online or bring a school check to packet pickup at the 2023 State Meet. Please login to the LHSAA Member Site using the credentials provided to you by your principal or athletic director. From the Member Site, click "Forms," then click "State Entry Forms," then select "Boys Cross Country" or "Girls Cross Country." Select all your participating athletes AND alternates from the drop downs. If an athlete is not listed, then they are not registered with the LHSAA. Please contact Adam MacDowell immediately at 225-300-4212 if this is the case.

**STATE MEET ENTRY FEES:** \$10 PER CONTESTANT, UP TO SEVEN (7) RUNNERS FOR A MAXIMUM OF \$70 PER TEAM/GENDER.

**STATE MEET ENTRY INVOICE:** Detailed instructions for creating the invoice can be found at the link below.

[State Cross Country Meet Invoice Instructions](#)

**\*\*All invoices shall be created online and paid online through the Member Site no later than TUESDAY, November 7, 2023. If invoice is not paid online you must bring a school check to packet pickup at the 2023 State Cross Country Meet Cross Country Meet.\*\***

**\*DO NOT SEND CHECKS IN MAIL\***

A school with a delinquent entry invoice, a payment not made online by the deadline date or a check not brought to packet pickup shall be charged a late fee of \$50 for one contestant or a \$100 fine for two or more contestants along with the entry fee. The fine shall be paid by school check payable to the LHSAA.

# STATE MEET INFORMATION

CATEGORY	INFORMATION
Dates of Meet	Monday, November 13, 2023
Site	<p>Northwestern State University, Natchitoches, LA            Course - Walter Ledet Track Complex            (Course map on page 10)</p> <p><u>Start</u> - Outside NSU Track Complex, 5 minutes warning before each race will signal line up time</p> <p><u>Finish</u> - NSU Walter Ledet Track</p>
Admission	<p>\$12 per person - Gates open at 8:00am  <b>Note:</b> There will be an additional <b>\$2 processing fee</b> for individuals using a credit card to purchase tickets at the ticket booth. (\$14 total)</p>
Meet Director	<p>Adam MacDowell, LHSAA Assistant Executive Director            Phone: (225) 300-4212            Email: <a href="mailto:amacdowell@lhsaa.org">amacdowell@lhsaa.org</a></p>
Trainers	Ochsner Trainers/ Medical Staff
All Academic Awards	<p>All- Academic Award Recipients will be recognized at the conclusion of each race for their respective division. If a recipient is present and not participating/ running in the state meet, they will receive a wristband and free admission at the ticket booth as well as up to two guests. Any additional family members or guests may purchase tickets.</p> <p>The recipients are report to the southwest corner of the track to be escorted onto the field. The dress for non- participants shall be business casual or school uniform shorts. <b>No tank tops will be allowed.</b> All - Academic information has been sent to your school's principal.</p>
Awards	<ul style="list-style-type: none"> <li>• State Championship and Runner- up trophies and medals.</li> <li>• Top 10 individual medals for each race are provided.</li> <li>• The top 25 times for the day for girls and boys, regardless of division, will be awarded All - State Honors.</li> <li>• Recognition will also be given to the top 3 teams based on average time, regardless of division.</li> <li>• All- State Honors certificates will be sent to the school(s).</li> </ul> <p><b><u>Additional team medals may be ordered from Gold Star (see page 15).</u></b></p>

Packet Pickup	<p>LHSAA tent will be on the practice football fields across the street from the entrance to the track.</p> <p><u>Packet pickup begins at 6:30am.</u> Coaches can pick up their packets, declare top 7 runners by returning the bib numbers of the athlete(s) that will not be participating.</p> <p>Each team packet will include bib numbers and a maximum of 7 wristbands for the athlete(s). A maximum of 5 additional wristbands for the registered alternates will be provided upon request.</p>
Course Inspection	<p>Sunday, November 12 - 3:00pm until 7:00pm  Monday, November 13 - 7:00 am - 8:00am <b>(Must be credentialed if inside the venue during this time)</b></p>
Team Area / Tent Set-Up	<p><u>Sunday, November 12</u> - 3:00pm until 7:00pm  <u>Monday, November 13</u> - 7:00am - 8:00am <b>(Must be credentialed if setting up inside the venue during this time)</b></p>
Officials Furnished	Northwestern State University
Course Marshalls	LHSAA (4) NSU (4)
Timing and Scoring	<p><b>Big River Race Management</b>  <a href="https://brrm.com/">https://brrm.com/</a>  <b>Live Results Page:</b> <a href="http://www.milesplit.live/meets/581356">http://www.milesplit.live/meets/581356</a></p>
Chip Timing	Chips will be embedded in the bib. The runners may keep their bib numbers as a souvenir.
Team Photos	<p>Experience the pinnacle of sports photography from <b>GeauxPreps.com!</b> Immerse yourself in the essence of this year's LHSAA Cross Country State Meet through our expertly curated collection of action shots. Our dedicated photographers will seize every exhilarating moment, from the course's challenges to triumphant finishes. Get unprecedented access to thrill of competition but also the glory of championship celebrations and the recognition of All-Academic honors.</p> <p>To access each photographer's dedicated gallery after the state meet, visit <a href="http://GeauxPreps.com/photos">GeauxPreps.com/photos</a></p>
Parking	<p>Coliseum Parking Lot</p> <p>If visiting families want to bring their RV and park in our coliseum parking lot, they can do so for \$100 per day. We have 12 available spots with 30 amp hookups. The spots also have water and cable. <u>Contact person is Scott Maggio at 318-357-4268.</u></p>
Dressing Rooms	Men's and Women's Dressing Rooms available in the adjacent Coliseum

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# RACE START TIMES/ PACKET PICKUP & COACHES' CREDENTIALS

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<b>Monday Race Start Times</b> <b>NOVEMBER 13, 2023</b>		
<b>Races</b>	<b>RACE START TIMES</b>	<b>PACKET PICKUP/COACHES' CREDENTIALS/ TENT SETUP</b>
<b>DIVISION IV GIRLS</b>	<b>9:00 AM</b>	<p style="text-align: center;"><b>6:30 a.m. - 2:45 p.m.</b></p> <p>Packet Pickup will be available in the Tent across the street from the Track facility. Reference map on page 10.</p> <p>Coaches' Card Credentials will be at the ticket booth.</p> <p>Team tent setup will take place before gates open between <b>7:00 - 8:00 a.m.</b></p>
<b>DIVISION III GIRLS</b>	<b>9:45 AM</b>	
<b>DIVISION II GIRLS</b>	<b>10:30 AM</b>	
<b>DIVISION IV BOYS</b>	<b>11:15 AM</b>	
<b>DIVISION III BOYS</b>	<b>12:00 PM</b>	
<b>DIVISION II BOYS</b>	<b>12:45 PM</b>	
<b>DIVISION I GIRLS</b>	<b>1:30 PM</b>	
<b>DIVISION V GIRLS</b>	<b>2:15 PM</b>	
<b>DIVISION I BOYS</b>	<b>3:00 PM</b>	
<b>DIVISION V BOYS</b>	<b>3:45 PM</b>	

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# RULES

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## IMPORTANT RULE

**11.3.7 Basketball** : Schools scheduled to play boys' and girls' basketball games on Monday of the 20th calendar week (November 13, 2023) in conflict with the Boys' and Girls' State Cross Country Meet may mutually agree to play on Tuesday, Wednesday, or Thursday.

**\*If the rainout date of Tuesday is utilized, schools may mutually agree to play on Wednesday or Thursday.\***

## ADDITIONAL RULES

1. **DECLARATION OF TOP SEVEN** - Schools qualifying or running an entire team at the state meet will declare their top 7 at packet pickup, no later than one hour prior to the start of each race. All student athlete bib numbers not declared as the top 7 runners must be returned at the time of packet pick-up.
2. To settle ties by teams, apply Rule 8, Section 2, Articles 4 and 5 of the National Federation Track & Field rulebook.
  - a. **ART. 4.** *"Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail."*
  - b. **ART. 5.** *"If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers."*
1. **SIXTH AND SEVENTH PLACE FINISHERS** - Determine the place in which they finish, in the event they have to be used to break a team tie.



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# UNIFORMS

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## TRACK SHOE-SPIKE SPECIFICATIONS

1/4" SPIKES MAXIMUM ALLOWED. Spike length will be checked at starting line.

Illegal spikes will not be allowed.

Spike Length = 1/4 Pyramid Spike or Spike Length = 1/4 Christmas Tree, **NO PIN SPIKES!!**

## COMPETITOR'S UNIFORM RULE

### **LHSAA Handbook:**

#### **23.6.18 Uniforms**

1. Contestants shall adhere to all articles under RULE 4- SECTION 3 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY in the NFHS Track and Field and Cross Country Rules Book.

#### **Rule 4-3 (Penalty – Articles 1&2)**

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

#### **Rule 4-3-3**

Removing any part of the team uniform, excluding shoes, while in the area of competition as defined by the games committee, is illegal.

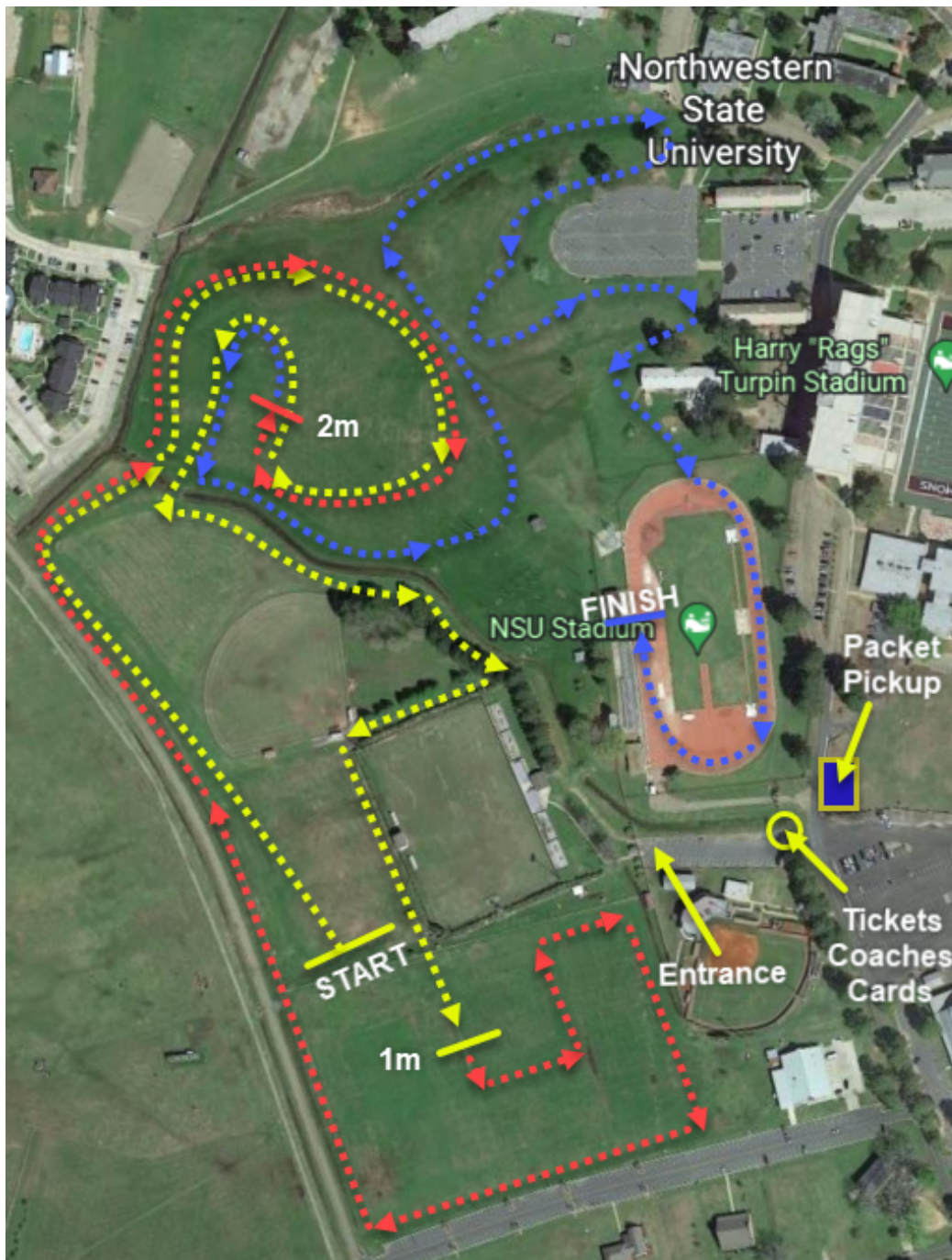
**Penalty:** This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.

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# COURSE MAP

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## NORTHWESTERN STATE UNIVERSITY



**NATCHITOCHEs, LA**

**WALTER LEDET TRACK COMPLEX**

**COURSE KEY:**

Mile One - **Yellow**

Mile Two - **Red**

Mile Three - **Blue**

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# BUS PARKING/ TEAM CAMP AREA

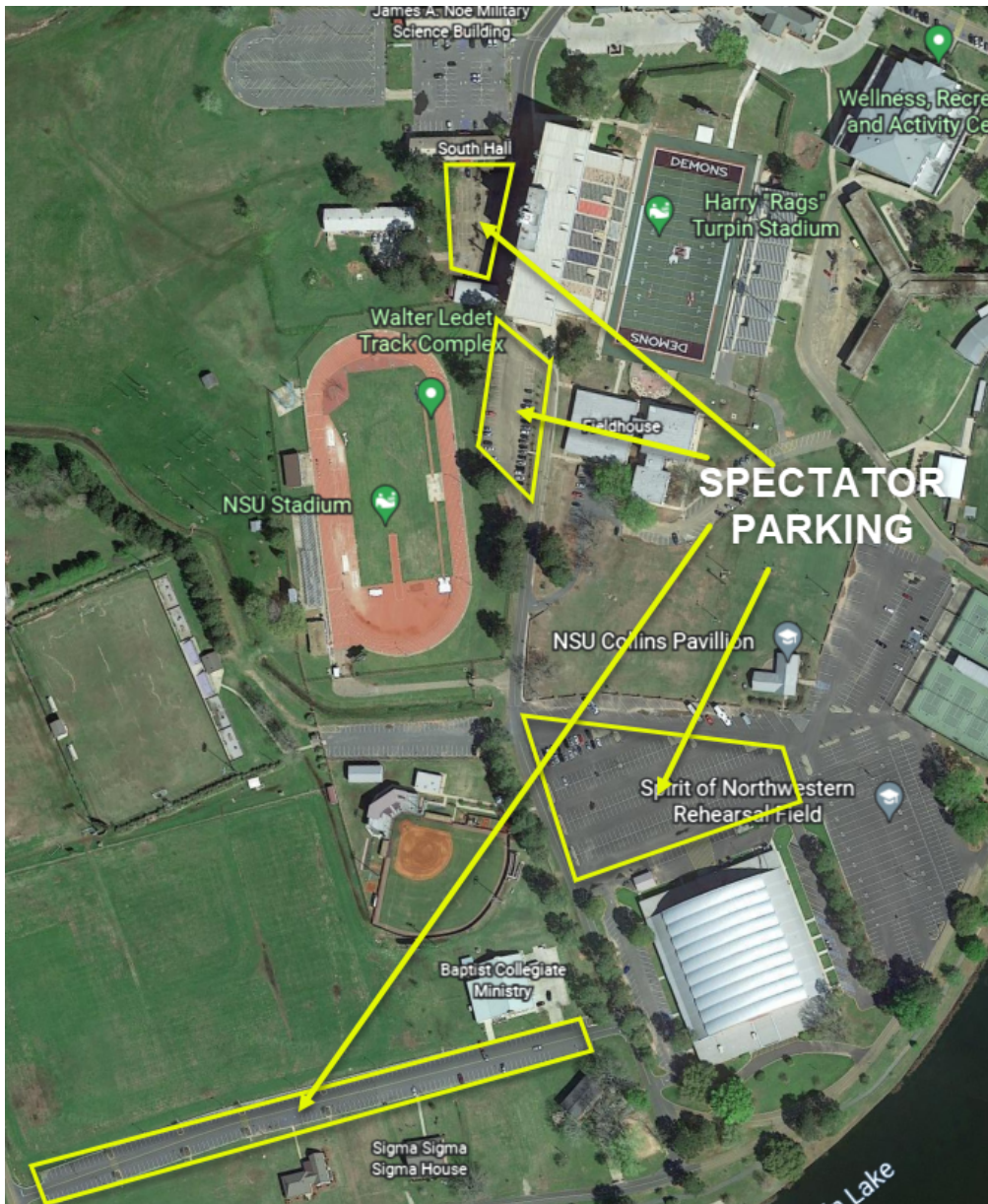
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## NORTHWESTERN STATE UNIVERSITY NATCHITOCHE, LA WALTER LEDET TRACK COMPLEX

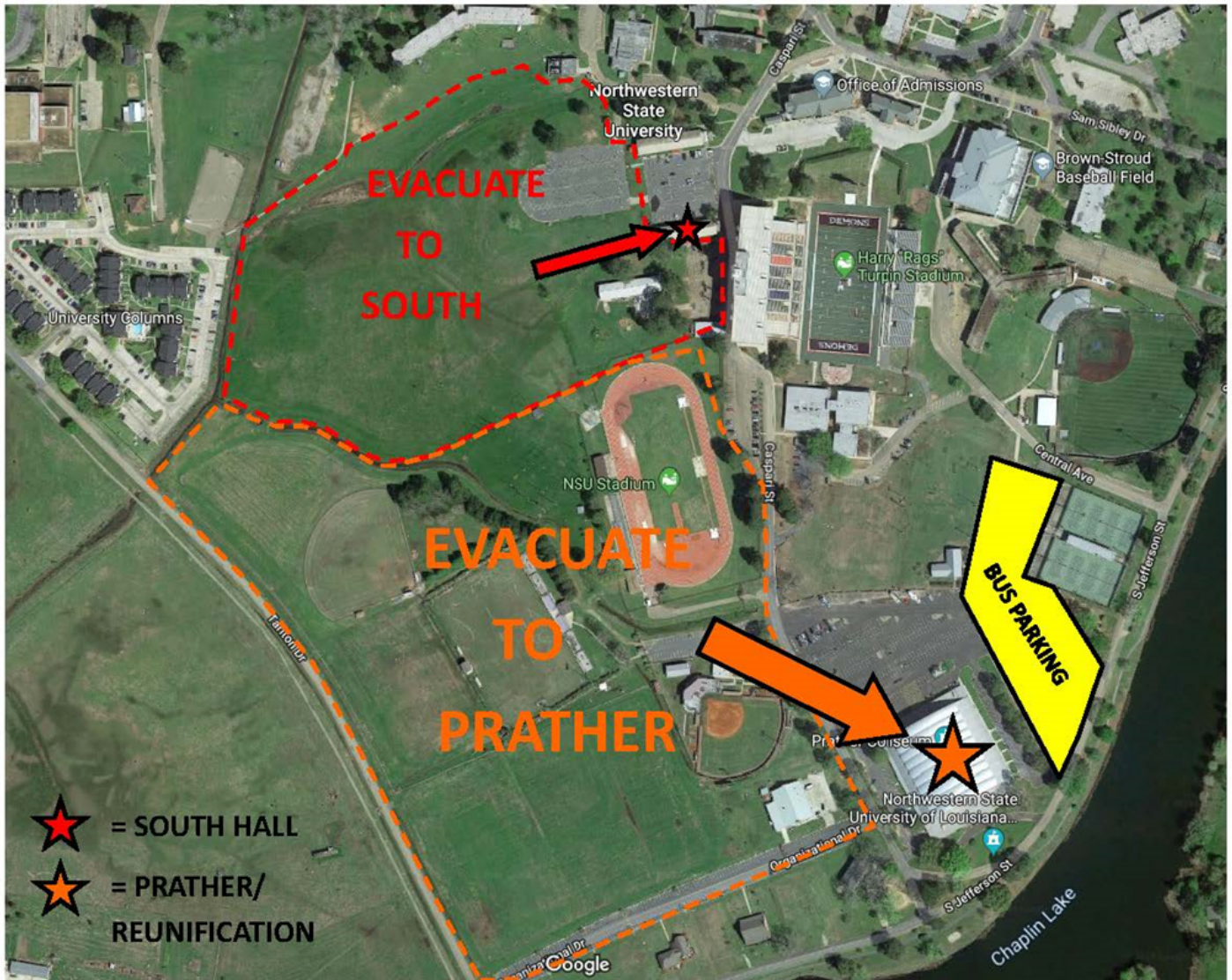


# SPECTATOR PARKING/ RV PARKS AND CAMPGROUNDS

<p><b><u>Grand Ecore RV Park</u></b>          1071 Par Rd 429,          Natchitoches, LA 71457          (318) 238-7446</p>	<p><b><u>Nakatosh RV Park</u></b>          5428 LA-6,          Natchitoches, LA 71457          (318) 352-0911</p>	<p><b><u>The Cabins of Horseshoe Hills Ranch</u></b>          240 Bayou Pierre Cutoff Rd,          Natchitoches, LA 71457          (318) 352-2920</p>
<p><b><u>NSU Tailgating Area</u></b>          Parking Lot next to Prather Coliseum          (adjacent from <u>Walter Ledet Track Complex</u>          Complex)          (318) 357-4268</p>		



LHSAA STATE XC EMERGENCY PLAN MAP



# CHAMPIONSHIP SOUVENIRS

## CHAMPIONSHIP



## HEADQUARTERS



CHAMPIONSHIP APPAREL

Remember this achievement. Visit the PepWear Store or [shop.lhsaa.org](http://shop.lhsaa.org) to purchase Official Event Merchandise including shirts and hoodies with participants' names on the back, full color plaques, and more!

For assistance with orders contact (866) 775-3450 or email us at [customerservice@pepwear.com](mailto:customerservice@pepwear.com)



CHAMPIONSHIP PHOTOGRAPHS

Geaux Preps is the digital partner of the LHSAA. Browse their digital collection of photos that encapsulate the thrill and passion of high school sports.

Visit [geauxpreps.com/photos](http://geauxpreps.com/photos) to purchase photos of your favorite athlete during championship action.



CHAMPIONSHIP REPLICA TROPHIES

For more information regarding State Championship mini replica trophies and medals, contact Gold Star Trophies at (225) 928-4230 or visit [goldstartrophies.com](http://goldstartrophies.com)



CHAMPIONSHIP RINGS

Congratulations champions! Celebrate your victory with your championship ring, the ultimate symbol of dedication, perseverance and teamwork. Herff Jones is proud to be the exclusive Championship Jewelry provider for the LHSAA & LHSCA.

Baton Rouge  
225.927.1383 // [gshhbria@gradsupply.biz](mailto:gshhbria@gradsupply.biz)  
Metairie  
504.737.4439 // [gradsupply@oal.com](mailto:gradsupply@oal.com)



225-928-4230

FAX (225) 928-9602

6220 R. ROAD 9170  
Baton Rouge, La. 70806  
orders@goldstartrophies.com

WWW.GOLDSTARTROPHIES.COM



# ORDER FORM

## MINI-REPLICA TROPHIES and MEDALS

for the LHSAA State Championship Events

PLEASE CALL FOR ORDERING INFORMATION

**TAX AND SHIPPING CHARGES WILL BE ADDED TO ALL ORDERS**

**\*\*PLEASE DO NOT SEND PAYMENT BEFORE RECEIVING A COPY OF THE INVOICE\*\***

(ask about school quantity discounts!)

**9" INDIVIDUAL REPLICA TROPHY \$32.95 each + Tax & Shipping**

Optional plate with school and individual name available for \$5.00 + Tax

**ADDITIONAL MEDALS \$4.95 each + Tax & Shipping**

As per LHSAA regulations, eligibility for replica awards must be verified

Please provide all the required information below for verification and production

SCHOOL and/or PARENT NAME: \_\_\_\_\_

SHIPPING ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

SCHOOL PHONE: \_\_\_\_\_ SCHOOL FAX: \_\_\_\_\_

PRINCIPALS NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_ FAX: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_

CONTACT PH: \_\_\_\_\_ FAX: \_\_\_\_\_ CELL: \_\_\_\_\_

Information for **Replica Trophy** EVENT : \_\_\_\_\_ YEAR: \_\_\_\_\_

DIVISION/CLASS: \_\_\_\_\_

STATE CHAMPION ( ) or STATE RUNNER UP ( )

EVENT LOCATION: \_\_\_\_\_ QUANTITY: \_\_\_\_\_

Information for **Medal** MEDAL COLOR: GOLD ( ) SILVER ( ) BRONZE ( )

QUANTITY: ( ) \_\_\_\_\_

Plate Engraving: \_\_\_\_\_

\_\_\_\_\_



*Congratulations*  
ON YOUR SUPERIOR  
ATHLETIC PERFORMANCE!



# LHSAA CORPORATE PARTNERS

THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2023 - 2024 PARTNERS FOR THEIR CONTINUED DEDICATION & SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA



TITLE PARTNER, OFFICIAL HEALTHCARE & SPORTS MEDICINE PROVIDER OF THE LHSAA

## TEAM LHSAA



## LHSAA STATEWIDE PARTNERS



## LHSAA TEAMMATES



SERVING LOUISIANA'S YOUTH FOR OVER 100 YEARS

IF YOU ARE INTERESTED IN PARTNERING WITH THE LHSAA OR FOR MORE INFORMATION PLEASE CONTACT WES BAYLOR - WES@LHSAASP.COM





OFFICE OF THE MAYOR

Dear Participants and Visitors:

On behalf of the City of Natchitoches, I would like to take this opportunity to welcome you to the LHSAA State Cross Country Meet held on the beautiful campus of Northwestern State University.

The City of Natchitoches was founded in 1714 and is the oldest permanent settlement in the Louisiana Purchase territory. Natchitoches is fortunate to be home to Northwestern State University, the finest higher education institution in the State of Louisiana. Our community is also home to the Cane River National Heritage Area, the Cane River Creole National Historical Park and National Historic Landmark District, one of the two in the entire State of Louisiana.

Please be sure to visit Natchitoches in December as we celebrate the 94th anniversary of the Natchitoches Christmas Festival and transform the City of Natchitoches into the City of Lights. For a complete schedule of the events for the month of December, please visit [www.natchitocheschristmas.com](http://www.natchitocheschristmas.com)

We look forward to meeting you and hope you enjoy your visit. If we can be of assistance to you, please do not hesitate to contact my office. For more information on Natchitoches, please visit the city's website at [www.natchitochesla.gov](http://www.natchitochesla.gov).

Sincerely,  
Ronnie Williams, Jr., Mayor  
City of Natchitoches

Post Office Box 37 • Natchitoches, Louisiana 71458  
Office (318) 352-2772 • Fax (318) 357-3829 • E-mail: [rwilliamsjr@natchitochesla.gov](mailto:rwilliamsjr@natchitochesla.gov)