



2011

CROSS COUNTRY BULLETIN

The information below does not appear in this online bulletin because it can be accessed elsewhere on the website. Please follow instructions to access this important information:

- To access the 2011 Cross Country By-laws, click on “**SPORTS**”, then “**CROSS COUNTRY**”, then “**SECTION 13 – ATHLETIC CONTESTS & SECTION 14 – CROSS COUNTRY**”

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SPORTSMANSHIP

SPORTSMANSHIP

COURAGE COMPETITION DETERMINATION

SPORTSMANSHIP

COURAGE DETERMINATION

PERSISTENCE CELEBRATE DETERMINATION

SPORTSMANSHIP

COURAGE DETERMINATION PERSISTENCE



DETERMINATION COMPETITION CELEBRATE

CELEBRATE CELEBRATE COURAGE PERSISTENCE

COMPETITION COURAGE



SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP



COURAGE CELEBRATE



DETERMINATION COMPETITION PERSISTENCE

COMPETITION COURAGE

PERSISTENCE COMPETITION COURAGE

PUT IT IN YOUR
GAME PLAN!

PERSISTENCE CELEBRATE COURAGE SPORTSMANSHIP SPORTSMANSHIP SPORTSMANSHIP

Tournament Information

Dates of Meet

- Monday, November 14 (Classes 5A-4A-3A) Boys & Girls
- Tuesday, November 15 (Classes 2A-1A-B-C) Boys & Girls

Site

- Northwestern State University, Natchitoches, LA (course map enclosed on page 14)

Admission

- \$10 per person

Meet Director

- Keith Alexander, LHSAA Assistant Executive Director
- Phone: 225-296-5882
- Email: kalexander@lhsaa.org

Course

- Northwestern State University campus

Start

- Outside NSU Track Complex. Gunshot 5 minutes before each race will signal line up time.

Finish

- NSU Track

Concessions

- Will be available all day

Restrooms

- Restroom facilities will also be available in the coliseum.

Trainers

- Trainers will be provided by Orthopedic & Sports Medicine Specialists.

Awards

- State Championship and Runner-up trophies, Top 3 Individual Medals, 4th-10th Individual award certificates and coaches' awards are provided by State Farm Insurance & Crown Trophy.
- All-Academic Award Recipients will be recognized at the conclusion of each race for their respective class. If a recipient is present and is not a participant in the state championship, they are to report to the field entry tent and then be escorted onto the field. The dress for non-participants shall be business casual or school uniform shorts. No tank tops will be allowed.

Race Start Times

| Starting Times of Race Monday, November 14, 2011 | | |
|---|-----------------|-------------------------------|
| Races | Race Start Time | Pick up Packet & Scratch Time |
| 3A Girls | 11:00 AM | 10:00 AM |
| 4A Girls | 11:45 AM | 10:45 AM |
| 5A Girls | 12:30 PM | 11:30 AM |
| 3A Boys | 1:15 PM | 12:15 PM |
| 4A Boys | 2:00 PM | 1:00 PM |
| 5A Boys | 2:45 PM | 1:45 PM |

| Starting Times of Race Tuesday, November 15, 2011 | | |
|--|-----------------|-------------------------------|
| Races | Race Start Time | Pick up Packet & Scratch Time |
| C Boys | 10:00 AM | 9:00 AM |
| B Boys | 10:45 AM | 9:45 AM |
| C Girls | 11:30 AM | 10:30 AM |
| B Girls | 12:15 PM | 11:15 PM |
| 1A Boys | 1:00 PM | 12:00 PM |
| 2A Boys | 1:45 PM | 12:45 PM |
| 1A Girls | 2:30 PM | 1:30 PM |
| 2A Girls | 3:15 PM | 2:15 PM |

Important Reminders & Rules

Scratch Meeting Site

- Block building near track. **Coaches pick up packets at this location no later than one hour prior to their team competing.**

Course Inspection

- 3:00 p.m. until 7:00 p.m. - Sunday, November 13
- Anytime prior to 9:00 a.m. on Monday, November 14 or prior to 9:00 a.m. on Tuesday, November 15

Officials Furnished

- Coach Leon Johnson, Northwestern State University

Responsible for Timing and Scores

- ADKINS TIMING ASSOCIATES

Team Photos:

- Musemeche Photography, the official photographer of the LHSAA will be taking team pictures as you check-in and as the awards are presented.

Parking:

- Coliseum Parking Lot

Dressing:

- Men: Football Stadium
- Women: Coliseum

Track Shoes:

- $\frac{1}{4}$ " SPIKES MAXIMUM ALLOWED. Spike length will be checked at starting line. Illegal spikes will not be allowed.

Chip Timing:

- Instructions will follow with procedure of attaching chips to shoes.

Important Rule Change

- 12.3.8** Schools scheduled to play boys' and girls' basketball games on Monday and/or Tuesday of the 20th calendar week (*November 14 or 15, 2011*) in conflict with the Boys' and Girls' State Cross Country Meet may mutually agree to play on Tuesday, Wednesday, or Thursday.
1. If any Class 2A, 1A, B, or C school cannot mutually agree to play on Monday, Wednesday, or Thursday, then it shall be required to play its game on Monday of the 20th calendar week (*November 14, 2011*).
 2. If any Class 5A, 4A, or 3A school cannot mutually agree to play on Tuesday, Wednesday, or Thursday, then it shall be required to play its game on Tuesday of the 20th calendar week (*November 15, 2011*).

Additional Rules

1. SUBSTITUTIONS - Schools qualifying an entire team to state Meet may substitute at the time they pick up their packets. Substituted runners' names shall be listed on the official entry form.

Substitutions shall be allowed only at the team packet pick-up area **no later than one hour prior to the run in each class**. No substitutions are allowed for schools qualifying less than 5 members to state.

2. To settle ties by teams, apply Rule 9, Section 2, Articles 4 and 5 of the 2011-12 National Federation Track & Field rulebook.

“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.”

“If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.”

3. 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.

NOTICE: COACHES & ATHLETES

TRACK SHOE-SPIKE SPECIFICATIONS:

Spike Length = $\frac{1}{4}$ Pyramid Spike Or Spike Length= $\frac{1}{4}$ Christmas Tree
NO PIN SPIKES!!!

COMPETITOR'S UNIFORM RULE:

Each competitor's uniform shall consist of

- A. Shoes
- B. Full-Length cross country top and bottom or one-piece uniform issued by the school;
 1. Bottoms may vary in length and style but must be the same color and design for all team members;
 2. Loose-fitting, boxer -type bottoms or compression style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls;
 3. French or high-cut apparel may be worn under the bottom, but not in lieu of the uniform bottom.
 4. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name;
 5. The top shall not be knotted or have a knot-like protrusion;

UNIFORMS must be worn as intended by the manufacturer. The waistband of a competitor's shorts shall be worn above the hips. There shall be no bare midriff.

Each team member shall wear the same color and design school uniform. Any visible garment(s) worn under the top and other visible garment(s) worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and bottom do not have to be the same color.

If worn by more than one team member (two or more), that garment(s) must be the same color, but not necessarily the same length.

Removing any part of the team uniform, excluding shoes, while in the area of competition as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

JEWELRY:

Jewelry shall not be worn by contestants.

- A. Medical alert medals are not considered jewelry and must be taped to the body and the alert may be visible.
- B. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- C. A watch may be worn around the wrist.

PENALTY: For illegal uniform, the competitor is disqualified from the event.

Entry Form Instructions

Instructions for Cross Country Entries

ENTRY FEE: \$10 per contestant up to seven runners for a maximum of \$70.

ENTRY INSTRUCTIONS: Each School will enter all contestants online through DIRECT ATHLETICS (see **How to Submit Online Entries** below).

DEADLINE FOR

ENTERING STATE MEET: A Printout of Entries from DIRECT ATHLETICS must be signed by principal and coach and sent along with your school check payable to LHSAA, to State Meet Director, Keith Alexander, LHSAA , 12720 Old Hammond Hwy., Baton Rouge, LA 70816 by certified mail, return receipt requested, postmarked no later than **October 31, 2011.**

How to Submit Online Entries

STEP 1—Access Your DirectAthletics Account

Each coach must have a DirectAthletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

| <u><i>If you already have a DirectAthletics account for your Cross Country team, and know your username and password....</i></u> | If you do NOT know your username and password.... |
|---|---|
| <ol style="list-style-type: none">1) Go to www.directathletics.com2) In the login box, enter your username and password and click Login. <p>(Remember that your password is case-sensitive)</p> | <ol style="list-style-type: none">1) Go to www.directathletics.com2) Click on the link "New User? Click HERE".3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account. |

NOTE ABOUT ACCOUNTS: Most coach accounts control a school's Men's AND Women's team. You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Cross Country

Team: Trinity High School (Men)

This indicates that you are controlling the Trinity High School MEN'S team. To switch to your Women's team, you would select "Trinity High School (Women)".

STEP 2—Edit/Set up Your Online Roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab.
- 2) If you have used DirectAthletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "Import Track Roster" which is listed on the left. You will be able to add athletes from your Track roster to your Cross Country roster. If you do not see this link or you are new to DirectAthletics, skip this step.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes First Name, Last Name and School Year and click "Submit"
- 5) You may add, edit or delete athletes on your Team Roster at anytime by click the TEAM tab.

STEP 3--Submit Your Eligible Roster Online by Monday, October 31st

Once your athletes are added to your roster, you must submit your roster.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the LHSAA Cross Country Championships.
- 2) Check off the box for each athlete you wish to enter (up to 12).
- 3) When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.
- 4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link.
- 5) Separately, you will need to mail your payment and hard-copy entries--signed by your coach and principal--to LHSAA postmarked no later than Monday October 31st.

STEP 4--Declare Your Top 7 Athletes by Monday, November 7th

- 1) Your top 7 athletes will be assigned chips for timing. Between November 1st and November 7th, you will need to declare your top 7 athletes online.
- 2) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the LHSAA Cross Country Championships (Top 7 Declaration).
- 3) Check off the box for each athlete you wish to declare (up to 7). Click "Submit" to finalize your declared entries.



The LHSAA thanks the following partners for their support of high school athletics in Louisiana.



2011-2012 LHSAA TEAMMATES



ACCOMMODATIONS-NATCHITOCHEs, LA

Call local motel numbers for special events or Group Tours

MOTELS

BEST WESTERN – 64 Rooms

318/352-6655 or 800/528-1234

***CHURCH STREET INN–20 Suites**

318/238-8888 or 800/668-9298

COLLEGE INN – 60 Rooms

1000 University Drive

318/352-4426 or 800/329-7466

COMFORT SUITES

151 Hayes Ave.

318/228-8816

ECONO LODGE–70 Rooms

5335 University Pkwy 318/214-0700

HAMPTON INN – 74 Rooms

318/354-0010 or 800/HAMPTON

HOLIDAY INN EXPRESS–80 Rooms

318/354-9911 or 800/HOLIDAY

QUALITY INN–59 Rooms

318/352-7500 or 800-4-CHOICE

RIVERVIEW INN – 55 Rooms

1316 Washington

318/357-0423 or 800/960-2267

riverviewinn.com

SUPER 8 – 42 Rooms

801 Highway 1 Bypass

318/352-1700 or 800/800-8000

DAYS INN –65 Rooms

318/352-0783 www.daysinn.com

AMERICA’S BEST VALUE INN –

144 Rooms

318/357-8281 or 888/252-8281

BED & BREAKFAST INNS

***ANDRE’S RIVERVIEW**

612 Williams Ave. 318/527-9248

andresriverview.com

***ANDREW MORRIS HOUSE**

422 Second St (800) 441-8343

andrewmorrishouse.com

***BAYOU AMULET HOUSE**

202 rue Poete 318-238-2049

bayouamulet.com

BLIND FAITH RANCH & CABINS

240 Bayou Pierre Cutoff Road

318/352-2920 or 318/652-1311

blindfaithranch.com

***BREAZEALE HOUSE**

910 rue Washington

318/352-5630

***CABIN ON CANE RIVER**

604 Williams Ave - 318/357-0520

www.cabinoncaneriver.com

CANE RIVER COTTAGE

228 Pratt Lane – 318/663-8239

canerivercottage.com

***CHAPLIN TOWNHOUSE**

434 rue Second -318/352-2324

www.chaplinhouse.com

***CHEZ DES AMIS**

910 rue Washington

318/352-2647 chezdesamis.com

***CREOLE COTTAGE on Cane River**

319 rue Jefferson

318/352-3957 or 800/342-3957

creolecottagebandb.com

***DUCOURNAU TOWNHOUSE**

750 Front St - 318/352-1774

ducournautownhouse.com

***FLEUR DE LIS INN**

336 rue Second

318/352-6621 or 800/489-6621

fleurdelisbandb.com

***GREEN GABLES & CAMELLIA**

COTTAGE -

201 rue Pine 318/352-5580

***JEFFERSON HOUSE**

229 rue Jefferson

318/352-5834 or 866-254-7279

jeffersonhousebandb.com

***JEFFERSON ST TOWNHOUSE**

230 rue Jefferson 318/352-3957

jeffersontownhouse.com

***JUDGE PORTER HOUSE**

321 rue Second

318/352-9206 or 800/441-8343

judgeporterhouse.com

****KEEGAN-COOK HOUSE**

143 Chaplin Loop (Robeline, LA)

866/472-8610 keegancookhouse.com

***LEVY-EAST HOUSE**

358 rue Jefferson

318/352-0662 or 800/840-0662

levyeasthouse.com

***MAISON LOUISIANE**

332 rue Jefferson Street

318/352-1900 or 800/264-8991

maisonlouisiane.com

***PARSONAGE**

307 rue Percy St. - 318/214-9607

***QUEEN ANNE**

424 rue Pine

318/352-9206 or 800/441-8343

queenannebandb.com

RIVERBEND B&B

3141 Highway 494 (318) 352-6500

riverbendbandbreakfast.com

***RUSCA HOUSE**

124 rue Poete - 866/531-0898

ruscahouse.com

***SAMUEL GUY HOUSE**

309 Pine Street

318/354-1080 or 800/984-1080

samuelguyhouse.com

STARLIGHT PLANTATION

2228 Highway 494 (Cane River)

318/352-3775 or 800/866-8893

starlightplantation.com

***STEEL MAGNOLIA HOUSE**

320 rue Jefferson

318/238-2585 or 888/346-4095

steelmagnoliahouse.com

***TANTE HUPPE INN**

424 rue Jefferson - 318/352-5342 or

800/482-4276 tantehuppe.com

***THE COTTAGE GUEST HOUSE**

824 Second Street - 214/908-1537

THORNY HILL CABIN

2575 Posey Road - 318/472-6903

VERA’S GUEST HOUSE

907 Washington St.

(318) 609-0110

www.verasguesthouse.com

***VIOLET HILL B&B**

917 rue Washington - 318/357-0858

866/357-0858 violethillbandb.com

Natchitoches Area Convention & Visitors

Bureau - 800/259-1714 www.natchitoches.net

*Located in National Landmark Historic

District

Revised October 19, 2010

AREA ATTRACTIONS

Cane River Creole National Heritage Area

Oakland Plantation-(Cane River National Historical Park)

Open Daily (8AM-4PM)

Guided Tour @ 1pm 318/356-8441

Magnolia Complex (Cane River National Historical Park) 318/356-8441

Open Daily (8AM-4PM)

Melrose (National Landmark Plantation)

Open Tues-Fri (12N-4PM) 318/379-0055

Open Sat-Sun (10AM-4PM)

State Historic Areas

Fort St. Jean Baptiste

Open Daily - 318/357-3101

Fort Jesup State Historic Site

Open Wed-Sun - 318/256-4117

Los Adaes State Historic Area

Reservation Only - 318/472-9449

Rebel State Historic Area

Open Daily - 318/472-6255

Museums & Galleries

Adais Caddo Cultural Center & Museum

Open Daily 9AM-5PM - 318/472-1007

Bishop Martin Museum

Call for times - 318/352-3422

Creole Heritage Museum at NSU

Call for times - 318/357-6685

Hanchey Gallery at NSU

Call for times - 318/357-4522

Natchitoches Heritage Art Gallery

Open Mon-Sun - 318/352-1626

Louisiana Country Music Museum

Open Daily - 318/472-6255

Other Attractions:

Alligator Park & Show

Open April-October 877/354-7001

National Fish Hatchery & Aquarium

Open Daily 7AM-3PM - 318/352-5324

Grand Ecore Visitors Center

Open Daily 8AM - 6PM 318/354-8770

Carriage Tours - Call For Times

Open Daily - 318/729-8282

HISTORIC DISTRICT DINING

Shops and restaurants have extended seasonal hours. Please call for exact times.

ANTOON'S RIVERFRONT RESTAURANT:

805 Washington Street - Lunch 11AM -2PM Daily, Dinner Mon -Sat 5PM-10PM - Fri-Sat 318/354-7787

THE BREAKFAST NOOK: 105 Church Street - Breakfast and lunch. 318/352-4491

CANE BRAKE CAFÉ: 584 Front Street - Lunch and desserts. 318/238-3030

CANE RIVER BAR & GRILL: 1125 Washington St. - Open Wed - Sunday. 318/352-2600

HANA JAPANESE SUSHI BAR & GRILL: 750 Front St. - 11AM -2:30PM, 5PM - 10PM Mon - Fri & 12N - 10PM Sat - Sun. 318/356-0989

LANDING RESTAURANT: 530 Front St. 11AM - 10PM Tues - Sat & 11AM - 9PM Sun. 318/352-1579

LASYONE'S MEAT PIE KITCHEN & RESTAURANT: 822 Second Street. 7AM-3PM Mon-Sat. 318/352-3353

MAMA'S OYSTER HOUSE: 608 Front Street - 11AM-10PM Mon - Sat., 11AM - 3PM Sun. Live Entertainment Friday night 318/356-7874

MERCI BEAUCOUP: 127 Church Street 10:30AM - 3PM Mon - Sat & 10:30AM - 2PM Sun. 318/352-8634

PAPA'S BAR & GRILL: 604 Front Street. 11AM -10 PM Mon-Sat & 11AM - 3PM Sun. 318/356-5850

PIONEER RESTAURANT & PUB: 812 Washington Street. Open Daily - Entertainment Thursday. 318/352-4884

DINING AROUND TOWN

ALMOST HOME: Highway 1 Bypass - 7AM - 2PM Sun - Fri & 5PM - 9PM Friday Night Catfish Buffet 318/352-2431

BEAUDION'S PIZZA & GRILL: 124 South Drive 11AM - 10PM Mon-Fri & 4-10PM Sat 318/356-9200

CHEF WOK: 311 South Dr. 11AM - 10PM Mon - Sat. 318/356-0006

CHENG'S GARDEN: 303 South Dr. 11AM - 9PM Sun-Thurs & 11AM - 10PM Fri-Sat. 318/356-0011

CHILI'S GRILL & BAR: 932 Keyser Ave - Daily - Lunch - Dinner 11AM until 11PM 318/357-0972

CRAWFISH HOLE:119 South Drive 11AM-10PM 318/352-2379

EL NOPAL: 117 South Dr. 11AM - 10PM Daily 318/214-0219

GRAYSON'S BARBEQUE - 5849 Hwy 71, Clarence. Tues-Sat 8AM-8PM. Sun. 8AM-7PM. 318/357-0166

HALF SHELL SEAFOOD: 401 Texas Street. Lunch and dinner - 318/228-8761

KC'S CAFÉ: 107-B South Dr. - Breakfast, lunch, and dinner - 318/238-4040

LAKEWOOD INN RESTAURANT: LA Highway 9 (six miles east of Campti) 4PM-10PM - Mon-Sat, 11AM-10PM-Sun. 318/875-2263

LUCKY VILLAGE: 929 Keyser Ave. Lunch Mon-Sun 11AM-3PM. Dinner Sun-Thur 5PM-9PM & Fri-Sat 5PM-9:30PM. Super buffet. 318/352-8588

MARINER'S SEAFOOD & STEAKHOUSE: & THE DOCKS: Highway 1 North Bypass on Sibley Lake. Mon-Sat 4:30PM-10PM Sun. 11AM - 9PM 318/357-1220

NICKY'S MEXICAN RESTAURANT: 4108 University Parkway. 11AM-9:30PM Sun-Thur & 11AM-10:30PM Fri-Sat 318/352-1538

RED'S RIBS: 501 Texas Street - Lunch and dinner - 318/214-0901

SAN LUIS MEXICAN RESTAURANT: - 302 South Dr. - Lunch and dinner - 31/354-8898

SEA & SIRLOIN RESTAURANT & LOUNGE: LA Highway 9 (four miles east of Campti) 4:30PM-10PM Tue - Sun, Closed Monday. 318/875-2229

SHONEY'S RESTAURANT: 5119 University Parkway. 6AM-11PM weekdays, 6AM-12PM weekends. 318/352-0185

TRAIL BOSS STEAKHOUSE: 301 South Drive Sun-Thu 11AM-9PM, & 11AM - 10PM Fri - Sat. 318/352-2080

FAST FOODS

MAGEE'S PATIO CAFÉ: 536 University Pkwy Open Mon-Fri 10:30AM-10:30PM, Sat & Sun 11AM-10:30PM. 318/352-7200

SHIPLEY DONUT SHOP: 400 Second Street. 5:30AM-Noon, Mon-Sun 318/357-1703

HISTORIC DISTRICT SHOPPING

BOOK MERCHANT: 512 Front Street. Mon-Sat 10AM-6PM, Sun 10AM-3PM Seasonal extended hours. 318/357-8900

BRENDA'S CLOTHING, GIFTS & ANTIQUES: 584 Front Street, Suite 104 - 10AM - 5PM Mon - Sat, 318/356-0422

Championship Souvenir Items

Championship T-Shirts

State Championship T-shirts and other championship items will be available at the state meet.



**CUSTOM SILKSCREENING
EMBROIDERY
SPECIALTY ITEMS
337-233-9996**

Championship Photographs

Order your professionally produced photographs (team and action photos)

For photos order online at www.flashpixphoto.com or call 225-752-1858.



