

XC Coaches Advisory Meeting
11/29/22

1. Moving start/end date back to last Fri/Sat of October
 - a. Next four years is already the last Fri/Sat
 - b. Advisory will revisit in 2025
2. Change timing for State XC
 - a. TPG (NDHSAA partner) will be speaking with potential timers
3. Online State Meet coaches meeting
 - a. Not much support for this unless weather is bad
4. NDHSAA pay all officials
 - a. Justin shared the financial line items. NDHSAA paid over \$2000 towards manager and course workers.
5. Funding improvements to Parkhurst
 - a. Jamestown Tourism granted \$10,000 towards XC improvements at Parkhurst
6. State meet location change
 - a. Will be discussed at Combined Tournament Committee on 11/30/22
7. Class B start line
 - a. Use a double start line for State B races. (Click to jump to rationale)

XC Double Start Line

Double Start Line for Class B races

- Rationale
 - The start line is very congested at the state meet, making it difficult for a fair start. As this is a championship race, we want to have an even playing field for teams and individuals competing for titles. Cross country has grown tremendously in the past decade, both in number of teams and athletes. (see attached) Most of the growth is coming from the small schools. We want to keep the sport growing while still providing a fair start for the race.
 - Currently, Jamestown is the only site that can hold the Class B boys race due to the sheer number of athletes. There are other non-golf course sites that are interested in hosting and have shown the ability to host a large race. Jamestown course management has stated that they feel 24-28 boxes makes for slightly larger boxes along with a better start vs the 39 they currently use. Even with the current number of boxes, multiple schools are grouped together in some of the boxes due to space constraints.
 - A double start line was used at some meets during COVID with success. Some runners that ended up on the back line stated they were able to move forward immediately with the gun rather than waiting for their group of teammates to move, giving them a better start.
- Proposal
 - The start line will consist of 24 boxes on the front line. The boxes on the front line will be filled with the top 10 teams from each region meet along with 4 boxes for individuals. There will be 2 individual boxes for the top 10 individuals from each region that were not on a qualifying team. Boxes will be randomly drawn as they are now. Individual athletes will be put with others from their region.
 - There will be a 2nd line 3 meters behind the first line. All teams that are not on the front line will be placed in a box on the second line, randomly drawn.
- Other issues
 - Concerns have been brought up dealing with seeding from a non-sanctioned meet. This is currently in place for Region duals for wrestling, as well as Region softball and baseball, so there is a precedent in place already.
 - Concerns were also brought up about athletes starting behind other athletes at the start. At state track in the distance races, athletes are placed behind others at the start when numbers require it, such as the 3200 (ex. - lane 7C).
 - There has been discussion on using a time standard. The B West schools are opposed as many of their courses are significantly hillier than anything in the east.
 - There has been discussion on 7 runners per school as in other states. Even with this, the B boys race would still be over 260 runners, the B girls over 220.

- With the current proposal, there would be a maximum of 220 athletes on the front line.
 - Using this year's region results, there would be 187 girls runners on the front line (92 East Girls teams, 75 West Girls Teams, 20 individuals). Any girl that ran 22:26 or faster would be on the front line.
 - For the boys, there would be 201 runners on the front line (96 East Boys Teams, 85 West Boys Teams, 20 individuals). Any boy that ran 19:23 or faster would be on the front line.
- In Class B, there is support across the board. We started discussing this amongst the coaches in 2016, but the numbers have really jumped since then. The schools contending for titles like a smaller front line for a fairer start. The smaller schools that are driving our growth are still able to compete at a state competition.

Year	Boys Runners	Boys Teams	Avg/Team	Girls Runners	Girls Teams	Avg/Team	Site
2002	153	25	6.1	136	26	5.2	Jamestown
2003	147	28	5.3	135	26	5.2	Dickinson
2004	157	27	5.8	144	25	5.8	Valley City
2005	149	27	5.5	146	27	5.4	Bismarck
2006	180	30	6	153	28	5.4	Jamestown
2007	183	31	5.9	150	29	5.2	Minot
2008	188	32	5.9	179	30	6	Jamestown
2009	176	34	5.2	177	35	5	Valley City
2010	185	35	5.3	172	41	4.2	Jamestown
2011	171	36	4.8	198	38	5.2	Fargo
2012	191	36	5.3	196	37	5.3	Dickinson
2013	207	35	5.9	209	37	5.6	Valley City
2014	221	40	5.5	208	39	5.3	Minot
2015	247	45	5.5	234	45	5.2	Grand Forks
2016	265	49	5.4	223	47	4.7	Jamestown
2017	293	45	6.5	260	46	5.6	Valley City
2018	291	47	6.2	243	46	5.3	Jamestown
2019	319	50	6.3	240	46	5.2	Minot
2020	244	47	5.2	209	47	4.4	Cooperstown
2021	312	53	5.9	263	50	5.3	Jamestown
2022	335	57	5.9	261	46	5.7	Jamestown