

ADMISSION POLICY

SPECTATOR TICKETS

\$12 per person if purchased in advance on [GoFan](#).

\$15 per person if purchased with cash at the gate.

*Everyone school-age and older must purchase a ticket.

The TSSAA ID Card WILL NOT be accepted for admission. School administrators who are registered on the TSSAA Portal can sign-in for free admission at the team packet pick-up tent.

Sanders Ferry Park will not have one main admission gate, but instead spectators will either redeem their online ticket on their phone, or be charged the \$15 per person cash admission fee as they enter the parking areas. Please follow the instructions of parking attendants and tell spectators to be prepared with their mobile ticket or cash as they arrive.

COACHES & PARTICIPANTS

Upon arrival, a participating coach from each school will need to pick up their team packet at the TSSAA tent at the pull-in by Shelter #1. The team packet will contain a **purple wristband for all coaches** that have been registered on the TSSAA Portal, as well as **bib numbers for all participants**. Schools that have qualified a team will receive 3 **red wristbands for alternates**.

After obtaining the packet, coaches will then need to move their vehicle to the designated parking areas and show their wristband to receive admittance. Team buses will be directed to park in the lot by Shelter #8.

All **participants** will be admitted as long as they are wearing their bib number, in uniform, or checked off a list of qualifiers.



OFFICIAL EVENT MERCHANDISE



SCAN ME

STATE MEET SCHEDULE

Sanders Ferry Park, Hendersonville

Thursday, November 2, 2023

DII A Girls'	10:00am CT
DII A Boys'	10:50am CT
DI AAA Girls'	1:50pm CT
DI AAA Boys'	2:40pm CT

Friday, November 3, 2023

DII AA Girls'	10:00am CT
DII AA Boys'	10:50am CT
DI A-AA Girls'	1:50pm CT
DI A-AA Boys'	2:40pm CT

The Awards Ceremony will start following the completion of each classification.

Course Preview

The course at Sanders Ferry Park will be open for preview and team packet pick-up at the following times.

Wednesday, Nov. 1:	3-5pm for DII A & DI AAA
Thursday, Nov. 2:	8-9:30am for DII A & DI AAA; 3:30-5:30pm for DII AA & DI A-AA
Friday, Nov. 3:	8-9:30am course preview for DII AA & DI A-AA; packet tent will remain open until all packets are picked up



of Tennessee

BELIEVE IN GREATNESS.

BlueCross BlueShield of Tennessee thanks TSSAA for promoting the values that help student-athletes succeed on the field, and in life.

TIMING & COACHING INFORMATION

*Coaches must be responsible for the contents of the team packet.
It may not be possible to replace bibs and timing chips on race day.*

BIB NUMBERS

Your packet contains a bib number for each runner entered. Changes/substitutions must be made and approved by TSSAA 30 minutes before the race at the finish line tent.

Only seven may run. Please check your numbers against the ones listed on the front of your packet. Be sure all runners have the number assigned to them.

Please attach the bib number to the front of the runner's jersey. Use four pins in the holes provided. The number must be visible at the finish line. If wearing a watch, the runner should raise their arms above their head at the finish line to turn it off so that the number is visible.

TIMING CHIPS

Timing Chips will be provided for Division I ONLY – Timing chips can be attached to either shoe. The chip number should match the bib number.

*Please note: Results are judged on the torso, not the chip. The chip is used to get a preliminary order of finish and the photo-finish is used to verify the official torso order of finish. Competitors should run through the finish normally – diving feet first will actually hurt their finish place.

Coaches MUST collect and return all timing chips to buckets near the finish line tent before leaving the meet. We ask athletes to return to their team camp after finishing. Runners can then remove the chip and give them to the coach to return.

OTHER INFORMATION FOR COACHES

Providing Water

Providing liquids during competition is NOT considered to be an aid or assistance.

Rule 4, Section 5, Art. 8 – It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance.

Chute Area

Please keep the chute area clear. No one should be in or around the chute except for the finishing competitors and race personnel.

Pacing violation

Coaches, spectators, & teammates risk a DQ if they run alongside athletes for an extended number of steps. It is considered a pacing violation.

Results will be posted at www.tssaasports.com following the completion of all races.

ACTION **PIXTN.com**

Official Photographer of the TSSAA



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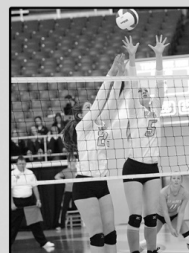


Coach Plaques

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ATTACHING CHIP TO YOUR SHOE

1. Lace & Tie your shoe as normal
2. Slide “twist-tie” under 2 sets of laces



3. Poke the ends of the “twist-tie” up thru 2 diagonal holes of the timing chip.



4. Twist the “twist-tie”
A LOT
and smush it against the chip

DRUNK YOU MAKES BAD DECISIONS.

How much can a DUI cost you?

On average, a DUI can set you back \$10,000 in attorney's fees, fines, court costs, lost time at work, higher insurance rates, car towing and repairs, and more.

Does a DUI impact the community?

The financial impact of impaired driving is devastating. Based on 2019 numbers, impaired-driving crashes cost the United States \$68.9 billion annually.

Will you go to jail?

If you're caught drinking and driving, you could face jail time. Imagine trying to explain that to your friends and family or your place of employment.

Are there more consequences?

Drinking and driving could cause you to lose your driver's license and vehicle. This could inhibit you from getting to work, resulting in lost wages and, potentially, job loss.

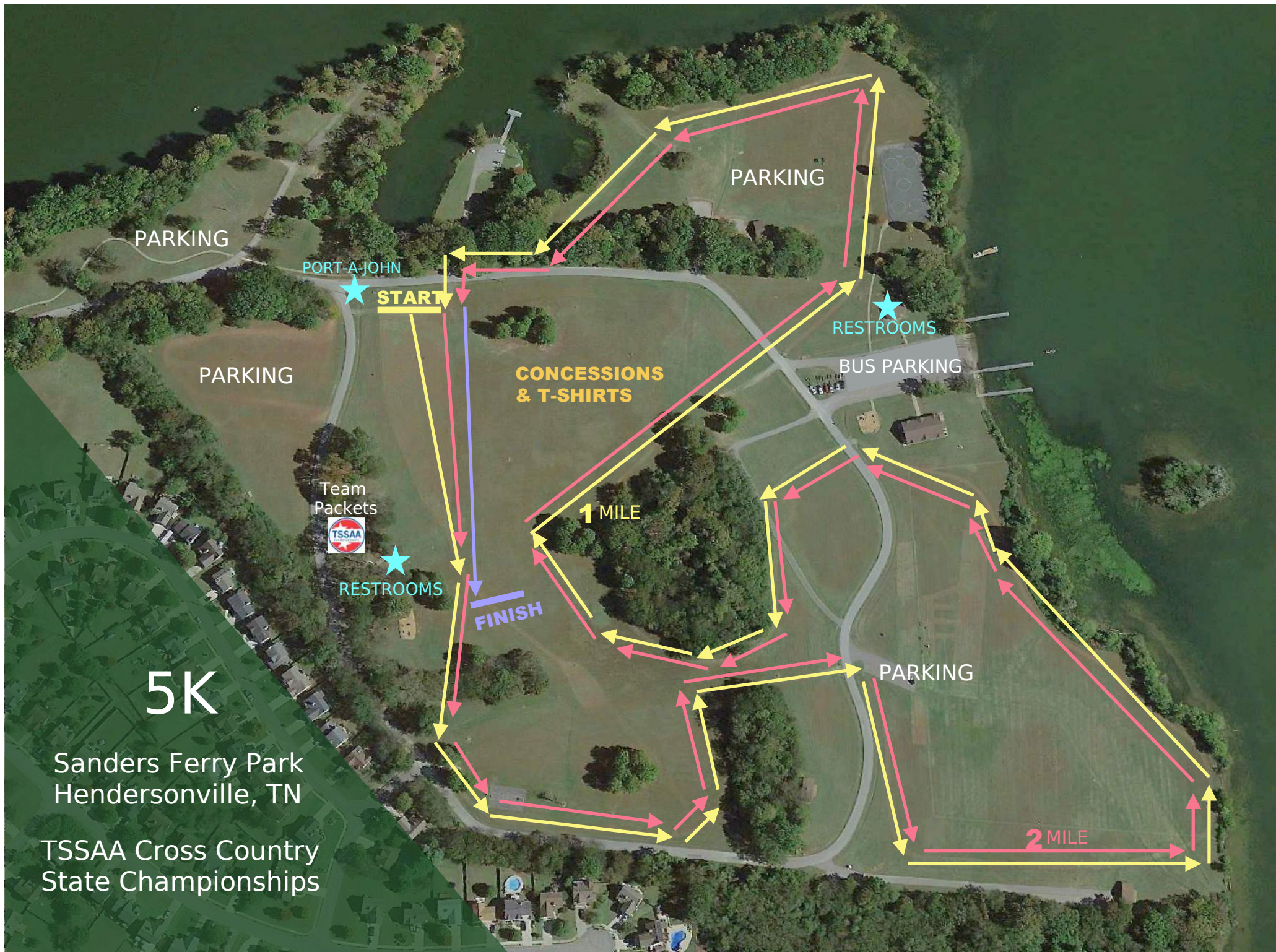
BENCH THE KEYS SAVE THE GAME.

Drunk driving is the ultimate form of unsportsmanlike conduct. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation or a ride service.

Have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

**FANS DON'T LET
FANS DRIVE DRUNK**
TENNESSEE HIGHWAY SAFETY OFFICE





5K

Sanders Ferry Park
Hendersonville, TN

TSSAA Cross Country
State Championships

--- *Be a* ---
GAME CHANGER!
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OF TRANSPORTATION

TSSAA State Championship Participation Certificates

Certificates for State Championship participation can now be printed from inside the TSSAA Portal. Each set of certificates includes the names of students who have been added to the sport roster. There are spaces for the signature of the school principal and coach. A blank version is included at the end so that you can create additional certificates for coaches or support personnel.

Please print and present a certificate to any student athlete who advanced to the State Championship in their sport.

If you feel that a student is missing or a name is misspelled, a school administrator must correct the information in the Portal and download a new set of certificates. TSSAA staff cannot make manual corrections to the PDF. Changes made in the Portal will be immediately reflected when you re-download the PDF.

[View Certificates in the Portal](#)



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TENNESSEE COLLEGES
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