

Warm Up

This is the second installment of weekly announcements for the 2023 season. If you missed last week's you can find them on the [cross country page of kshsaa.org](#) by clicking on [weekly announcements](#).

The Start

- MileSplit and MeetPro have formed a [partnership](#) that all Kansas coaches and ADs should be aware of. This could save your program hundreds of dollars.
- If your program is interested in hosting a regional on Saturday, October 21 please indicate your interest on the ADM-Fall form due August 17 and email Kyle Doperalski at kdoperalski@kshsaa.org.

Cool Down

Each year there are multiple violations of **Rule 22- Outside Competition**. It is a rules violation for a high school or middle school student to compete in a road race of any kind once they have joined a school team until the season is over. This can include local charity 5K races, breast cancer awareness road races, etc. Let's avoid as many of these as we can this year by educating parents and athletes at the start of the season parent meeting.