

Warm Up

[Regional assignments](#) were posted last week. There have been a couple races with updated start times. A big thank you to those programs willing to host this season.

The Start

- Regional entries open Monday, October 9 at [Kansas MileSplit](#). This is the same process and platform used last cross country season and for the last two track and field seasons.
- Regional entries close at noon central time on Monday, October 16.
- When registering teams for regionals, the head coach must select the box that declares that their team will be properly equipped and will exhibit good sporting behavior. This step replaces the sportsmanship and legal uniform verification cards that were to be turned in at the regional/state site. This is new this postseason.
- Regional entries will be verified with the student eligibility database.

Cool Down

Best of luck to all of the teams heading into their league competitions and beyond.