



## 5A/6A STATE CROSS COUNTRY CHAMPIONSHIP

Welcome to the 5A/6A State Cross Country Championship 2021 - hosted by Andover High School at 4 Mile Creek Resort.

**Race Date:** Saturday, October 30th, 2021.

- The course will be available for preview after 2:00-6:00 pm on Friday, October 29th

**Meet Manager:** Clint Cornelsen - Andover HS AD - cornelsc@usd385.org

**Head Coach:** Jonathan Jeffcoat - jeffcoaj@usd385.org

**Address:** 13218 SW Tawakoni Rd, Augusta, KS 67010

**Directions:** **From Eastbound Hwy 54/Kellogg:** Turn south on Tawakoni Road – Drive 3.7 miles – Entrance on your left

**From Westbound Hwy 54/Kellogg:** Turn south on Andover Road – Go 5 miles to 150<sup>th</sup> Street – Turn eastbound and continue 4 miles to Tawakoni Road – Turn northbound for 1.5 miles just past 140<sup>th</sup> Street – Entrance on your right.

**Team Buses** - From hwy 54, buses should turn south on Sante Fe Lake Road - go 4 miles to 140th Street - Turn West and continue 1 mile to Tawakoni Road - Turn north and the entrance to the course will be ¼ mile ahead on your right. [See attached map.](#)

**Schedule:**

- 5A Girls - 10:00 am
- 6A Boys - 10:40 am
- 5A Boys - 11:20 am
- 6A Girls - 12:00 pm
- 5A Girls Awards Presentation - 12:45
- 5A Boys Awards Presentation
- 6A Boys Awards Presentation
- 6A Girls Awards Presentation

**Awards:** The top 20 placers for each class and gender will be awarded medals and the top 3 teams from each race will receive a team plaque and medals.

**Team Packets:** Head coaches may pick up their team packets near the finish line the morning of the meet or at the course preview on Friday. Packets will include bib numbers, pins, and extra maps.

- Rosters:** The regional roster submitted will be the state roster. Schools will not submit the CC-3 or CC-4 form to State sites again. If a substitution is needed, please contact Fran Martin at KSHSAA by noon on Monday, October 25th.
- Course Map:** [4 Mile Creek Resort Course Map](#)
- Parking:** Team busses/vans should park along the tree line east of the start line. Spectators will be directed to available lots.
- Team Camps:** Teams camps are to be set up near your bus/van parking - along the tree line east of the start line. Only athletes and coaches are allowed in team camps.
- Facilities:** Dressing rooms and showers will not be available. There will be portable restrooms spread out along the team parking/camp area, the start line, and the spectator commons area.
- Coaches Meeting:** Head coaches will be meet 15-minutes prior to the start of each race at the starting line. Please bring your "Sportsmanship & Legal Uniform" card to this meeting.
- Scoring:** Heartland Timing has been contracted by KSHSAA to score the championship races. Each competitor will receive a bib that contains the timing chip as part of its design. Runners will not return the bib after the race. **Please make sure runners are wearing the bib that is assigned to them.**
- Results:** Coaches can pick up race results once they are finalized. Hard copies will be near the finish line. Heartland Timing will post real-time results of each state race on their website: <http://www.heartlandtiming.com>
- Time on Course:** Times will be given at the 1-mile and 2-mile marks.
- Course Markings:** A lead vehicle will lead runners through the marked course.
- Course Marshals:** Course Marshals will be stationed around the course to provide direction as well as identify any runner who might intentionally take advantage by cutting or performing any unsportsmanlike act to interfere with other runners. Any runner performing an unsportsmanlike act shall be disqualified.
- Jury of Appeals:** If you need to file a protest, please do so at the trailer near the finish so that we can resolve the situation. There will be a Rules Committee composed of three coaches which will be contacted prior to meet.
- Finish Chute:** NO SPECTATORS are allowed in the finish area. Workers will keep runners moving away from the finish line to the back of the chute where they exit. Please instruct your athletes to continue through the chute once they cross the finish line.

**Uniform Rules:** Coaches are responsible for checking their runners that they are in accordance with legal uniform rules to avoid a runner being disqualified. Please see Rule 4-3 attached below.

**Pass Gate:** Each qualifying team will be allowed to have ten runners, one manager, two coaches, Superintendent, Principal, and Athletic Director.

**State T-Shirts:** 2021 State XC shirts will be available.

- Short-Sleeve T-Shirt (Heather Royal) - \$19
- Long Sleeve T-Shirt (Heather Royal) - \$23
- Hooded Sweatshirt - \$33

All XXL are an additional \$3  
XXXL short sleeve (\$6 extra), long sleeve (\$5 extra), hoodie (\$4 extra)

**Programs:** State Cross Country programs will be available for \$3.

**Spectator:** STATE CROSS COUNTRY TICKETS  
State Cross Country fans will have the option to purchase their tickets in advance through GoFan, the KSHSAA digital ticketing partner. The link will be available on the state cross country page of the KSHSAA website the week leading up to the event and will be shared through social media channels. Spectators using GoFan will show their tickets on their mobile device for entry to the event.  
Ticket prices purchased through GoFan are \$9.00 for adults and \$6.00 for students. There is a convenience fee for purchasing online tickets.  
Fans wishing to purchase tickets **onsite** (K through adult) will cost \$10.

**Process for purchasing Go Fan tickets:**

GoFan tickets can be purchased on the KSHSAA website by going to the cross country page for the site you wish to attend.

The link to purchase tickets for the 5A/6A state site is:  
<https://gofan.co/app/events/415193>

**Redemption Process**

- Have Tickets Ready (encourage people to have them pulled up on phone, accessed via the email they used to purchase)
- Not necessary to be connected to Wi-Fi or data to redeem once pulled up.

**Guidelines:**  
-Spectators are not allowed near the finish line/trailer area  
-Pets and bicycles are not allowed

**Athletic Trainer:** Athletic trainers will be on-site. An Ice and a cold immersion tub will also be available at the Athletic Trainer's tent near the finish line.

# 2021 LEGAL UNIFORMS for CROSS COUNTRY COMPETITORS

## Rule 4-3

The following information is a guide as to what constitutes a legal uniform for a cross country competitor in interscholastic competition.

The Legal Uniform for Cross Country: Rule 4-3 (1-3) . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions.

Each member of the team shall wear the same color & design uniform (jersey & shorts).

### SHOES

1. Shall be worn on both feet and shall have an upper and recognizable sole and heel.
2. The shoe must be designed so that it can be fastened securely.
3. In cross country, the sole and heel may contain grooves, ridges or track spikes no longer than one inch.
4. The use of slippers or socks does not meet the requirement.

### UNIFORM TOP

1. Must be school issued or school approved full-length track top and track bottom or one-piece uniform.
2. Any outer garment (e.g.) t-shirts, sweatpants, tights) that is school issued or school approved becomes the official uniform, when worn.
3. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
4. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
5. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.
6. Any visible garment(s) worn underneath the uniform top is considered a foundation garment.

Foundation garments are not subject to logo/trademark/reference or color restrictions.

7. The uniform top may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.
8. A single manufacturer's logo/trademark/reference no more than 2 ¼ square inches with not dimension more than 2 ¼ inches is permitted on the top and bottom or one-piece uniform.
9. 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.

### UNIFORM BOTTOM

1. Must be school issued or school approved.
2. The looser 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 shall not be worn in lieu of the uniform bottom.
4. The waistband of a competitor's bottoms shall be worn above the hips.
5. Shorts may vary in length and style, but must be of the same color for all team members.
6. Shorts may contain no ornamentation which will be objectionable in taste.
7. By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.
8. Any visible garment(s) worn underneath the uniform bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
9. The uniform bottom may not contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee.

### **STOCKING CAPS AND GLOVES**

1. In the event of inclement weather meet management will advise coaches of the decision to permit, hats, caps and/or gloves.
2. If approved by the games committee, stocking caps must be the same color for all team members.
3. If approved by the games committee, gloves do not need to be the same color for team members.
4. By KSHSAA policy, bandanas, visors and baseball style hats may not be worn during competition by any competitor.

### **HAIR ADORNMENT**

The KSHSAA policy regarding items worn in the hair by cross country and track and field competitors is as follows:

1. Hair control devices (items that go around hair only) may be:
  - a. Ribbon, yarn, rubber bands or cloth material of any single color. (Ribbon length such that it is not "flowing" 3" or less in length).
  - b. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.
  - c. Headbands and head coverings or a single solid color are permitted unless banned by the games committee.
  - d. All members of the same cross country team or track relay team do not need to have the same color of hair control device.

### **JEWELRY**

1. NFHS rules permit runners to participate wearing jewelry. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured.
2. Coaches may prohibit their athletes from wearing jewelry.

3. Excessive safety pins on the jersey are not permitted.

### **VISIBLE ITEMS WORN UNDER THE JERSEY OR SHORTS**

1. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/references or color restrictions.

### **MISCELLANEOUS**

1. All cross country team members must wear uniforms clearly indicating, through predominant color, school logo, and color combination of all garments worn as a uniform, that members are from the same team.
2. A runner may carry an atomizer with him/her provided a physician's statement documenting the need for the athlete to use the prescription is presented to the meet director prior to the beginning of the meet. (Rule 4-6-5h Note 1)
3. Watches are permitted to be worn but the GPS feature must be turned off it is considered an aid.
4. Sunglasses may be worn unless prohibited by the games committee.
5. Races will not be delayed in order to permit competitors to comply with uniform rules.
6. Neither meet directors, games committees nor the vote of the coaches can supersede the National Federation Track & Field Uniform Rules.
7. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

### **PENALTY – ILLEGAL UNIFORM**

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

Per Rule 3-4-8, prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform, equipment, number, and chip placement) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet.

For KSHSAA events, a properly completed "Sportsmanship & Uniform Card" is to be turned in to meet management. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures, and information pertaining to the meet, particularly how the individual qualifiers are determined.

***Revised 6/2021***

**Cross Country Participant Removal Guidelines**  
**2021 Cross Country**

**State sites need to determine:**

- Will we be providing water on the course for all participants?
- If water is not being provided to all participants – the games committee will need to determine if it will be permissible for coaches or designees to hand out water to runners during the race.
- If water will be handed out, runners are to be instructed to move to the side of the course to get water so as not to interfere with other runners.
- Water should be available at the end of the race for all runners.
- Cold towels may not be handed out on the course during the race, they could be distributed after the race.
- Sites may want to have cold water immersion tanks available at the course.
- Coaches should be made aware of where medical personnel will be located.
- Will a trail vehicle be provided to transport runners in distress?
- All sites should have an emergency action plan – see attached document for ideas.

NOTE: The challenge of handing water to runners is the potential to interfere with other runners when handing the water and what the runner will do with the bottle/cup that could possibly interfere with another runner. In a 5K race, runners who are properly hydrated before the race begins have little risk of becoming dehydrated during the race.

**Participant Removal Guidelines**

Safety of participants is a primary concern of the KSHSAA in all activities. There are situations when runners show signs of obvious physical distress during a race and a decision must be made about whether they should be allowed to continue or be given medical attention. Based on these concerns the KSHSAA has the following guidelines:

- A runner showing signs of obvious physical distress such as collapsing on the course, or other indications of his/her inability to finish the race may be immediately removed from the race by designated event personnel.
- If the runner can be safely moved, the runner will be immediately transferred to the event medical area to be evaluated by onsite medical personnel.
- If a runner voluntarily removes him/herself from the race for any medical reason or is removed by their coach, they should also proceed to the medical area for evaluation. The onsite medical personnel will determine the appropriate care to be administered.

To assist designated event personnel and coaches on determining the level of distress, these guidelines will be used:

- If a runner looks questionable, event personnel will ask if they need help, if the runner is able to answer immediately and clearly state “no” the runner will be allowed to continue.
- If a runner looks questionable and event personnel asks if they need help and the answer is “yes” the runner will be pulled.
- If the runner looks questionable and event personnel ask “if they need help” and there is no response, the event personnel will continue to follow the runner (off the course) and monitor. If the runner continues to be unresponsive to the event personnel and is unable to run fast enough to separate themselves from the walking event personnel, the runner will be pulled.
- If the runner is able to communicate something and they are just tired, they will be allowed to continue.

Course monitors designated by meet management will be provided these guidelines.