

## **Warm Up**

Welcome to meet week! The road to Rim Rock Farm and Wamego Country Club starts this week! Much like the first week of competition last year, the forecast this season looks like some great racing weather will be upon us this week. Best of luck to all runners and coaches as they embark on the 2024 season.

## **The Start**

- The deadline to complete the coaching exam is tomorrow (Wed, Sept. 4) at 11 p.m. If you coach both middle school and high school teams, please email TeeJay Barnhart ([tbarnhart@kshsaa.org](mailto:tbarnhart@kshsaa.org)) to apply dual credit.
- With the start of competitions, review the [legal uniform document](#) on our website.
- The [state meet schedule](#) has been posted on our website for several months.
- For those classes going to Rim Rock for state, please advise your parents/families ahead of time to allow extra time to get to the course and park. There is significant traffic on the roads driving to the meet that morning. This is especially true for parents who haven't been to Rim Rock before.
- Thank you to all ADs and coaches who have indicated interest in hosting a regional. If your program is interested in hosting a regional on October 26, please contact Kyle Doperalski, [kdoperalski@kshsaa.org](mailto:kdoperalski@kshsaa.org) very soon.
  - Regional assignments don't come out until after classifications are set at the end of September. I've been doing some planning on the information that I have and will continue to do so this week.
- Some rule interpretations from questions this time of year:
  - Q: If a student is recovering from injury and rides a bike during practice, does it count toward the minimum number of practices?
    - A: If the school believes the student received appropriate conditioning and it occurred at practice, yes, this counts as a practice.
  - Q: If a student was cut from the football or soccer team and then joined the cross country team, can any of those tryout dates count toward the minimum practice requirements for cross country?
    - A: Yes, up to three (3) per the new rule 34-1-2.
  - Individual racing
    - If an individual on your team wants to run in a meet that the rest of your team isn't, someone from the school (coach, AD, etc.) needs to be at the meet. If the individual is transported by parents or other non-school methods, KSHSAA catastrophic insurance doesn't cover transportation. One thing to keep in mind, if this is something your program is going to entertain, that individual gets the same number of competitions others do.

## **Cool Down**

Rule 22 – Outside Competition: This has been mentioned before, here is another reminder for all coaches that once your runner starts practice, they may not compete in any kind of road/trail race during the season. Make sure you're communicating this to your runners and their parents/guardians. Even walking in a race is still considered a race. A race is defined as a common start and common finish. Once the season is over, running a road/trail race is permissible.