

Warm Up

You all have likely seen the [regional assignments](#) on our website. A big thank you to those programs willing to host this season!

The Start

- Regional entries open Monday, October 14 at [Kansas MileSplit](#) at 8:00 a.m. central time. This is the same process and platform used for the last two cross country seasons and for the last three track and field seasons. All teams have been added to their regional meets pages on MileSplit, so the meet will be listed on each team's schedule page.
- Regional entries close at noon central time on Monday, October 21.
- 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.