

**Cross Country Newsletter**  
**November 3, 2020**

**THANK YOU TO STATE HOSTS**

Thank you to our state hosts for doing a great job of preparing for the state meets. Andover High School, Wamego High School, Victoria High School, Fort Hays State University and Heartland Timing all helped in making it a successful day. When we started the season, I wasn't sure we would make it to October 31, but due to the hard work of coaches, administrators and student-athletes we were able to have our state events. We had a good day for running and several outstanding performances. Thank you to all the volunteers who made the state meet possible. Many hours go into set up and tear down of the event. A special thanks to Heartland Timing for timing at all three of our state sites and having results up quickly after each race.

**STATE RESULTS**

You can check all the results at <http://www.kshsaa.org/Public/CrossCountry/State.cfm>  
We did have a few runners not be able to participate due to quarantine situations, we hope they are able to return for winter activities.

**STATE SHIRTS AND PROGRAMS**

If you were not able to purchase a state t-shirt or sweatshirt (we sold out in some locations) you can still order directly from our vendor. Please share this link with your athletes and parents.

<https://www.khsaastore.org/products?s%5Bf%5D%5Bc%5D%5B%5D=%2FCross-Country>

State programs are also available for purchase at:

<https://khsaapublications.square.site/product/kshsaa-2020-state-cross-country-championship-program/67?cs=true>.

**WRISTBAND RECONCILIATION FORMS**

School administrators are reminded to return the wristband reconciliation form with payment to the KSHSAA as soon as possible. If you need a new reconciliation form, please let Francine Martin ([fmartin@kshsaa.org](mailto:fmartin@kshsaa.org)) know and we will email it out to you.

**STATE ENTRY FEE INVOICES**

Since forms CC-3 and CC-4 were only for substitutions to state rosters, the KSHSAA will be invoicing schools for team entries (\$50) and individual entries (\$8) each. The invoices will be coming electronically later this week.

**IDEAS FOR RULE CHANGES WELCOME**

Coaches who would like to suggest a change the NFHS rulebook can submit the changes with rationale to Francine Martin ([fmartin@kshsaa.org](mailto:fmartin@kshsaa.org)). The Kansas Track & Field/Cross Country coaches association also welcomes recommendations to be considered by the Kansas Coaches Association. Work with your representatives to propose changes in the KSHSAA cross country program.