



## 5A/6A STATE CROSS COUNTRY CHAMPIONSHIP

Welcome to the 5A/6A State Cross Country Championship 2020 - hosted by Andover High School at 4 Mile Creek Resort.

**Race Date:** Saturday, October 31st, 2020.

- The course will be available for preview after 2:00 pm on Friday, October 30th

**Meet Manager:** Brent Riedy - Andover HS AD - [riedyb@usd385.org](mailto:riedyb@usd385.org)

**Head Coach:** Justin Hill - [hillj@usd385.org](mailto:hillj@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 Boys - 9:30 am
- 5A Girls - 10:05 am
- 5A Boys Awards Presentation - 10:35 am
- 5A Girls Awards Presentation - 10:50 am
- 6A Boys - 12:00 pm
- 6A Girls - 12:35 pm
- 6A Boys Awards Presentation - 1:05 pm
- 6A Girls Awards Presentation - 1:20 pm

**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 28th.
- 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.
- \*6A teams should not arrive prior to 10:45 am - 6A buses/vans will temporarily park in the holding area until 5A teams have left. Student athletes can be dropped off in this area in order to access the course. 6A buses/vans will move to the team parking area once 5A has cleared out.
- 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 as well as the start line.
- 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/index.htm>
- 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.

**Admission:** Each qualifying team will be allowed to have seven runners, one manager, two coaches and one school administrator on site. Schools will be provided wristbands for admittance of these individuals. Wristbands must be worn to get into the venue. Each school will also be provided 30 wristbands to sell to parents/fans at \$9.00 each. The school will return a financial sheet with payment for the wristbands sold. This will provide about 4 fans per runner. For individual qualifiers, the runners qualifying, one manager, two coaches and one school administrator will be provided with a wristband for entrance. Each school with individual qualifiers will be provided four wristbands to sell parents/fans. The school will return a financial sheet with payment for wristbands sold. All fans must wear face coverings and socially distance, especially at the start and finish line areas.

**State T-Shirts:** 2020 State XC shirts will be available.

- Short Sleeve - \$19
- Long Sleeve - \$23
- Performance T - \$25
- Hoodie - \$30



**Spectator Guidelines:**

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

- All spectators are required to wear masks and maintain social distancing

**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.

**COVID Mitigation Guidelines:**

- Athletes, Coaches, and spectators are required to have masks on at all times if social distance can not be maintained.
- Athletes must come to the starting line with their masks on no earlier than 10 minutes before the start of their race. The starter will give a command to remove masks approximately 60 seconds before the start. At that time, athletes can remove masks and throw them in the trash behind their starting box if it is a disposable mask or put their mask in their team provided gear box.
- Starting boxes will be spaced out, athletes should stay within their starting box lanes while doing any drills or run outs.
- Athletes will be directed to clear the finish chute immediately.

## **2020 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 legal cross country uniform consists of “**shoes, school issued or school approved shorts and full length jersey or body suit (one or two piece).**”

*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. The shoe must be designed so that it can be fastened securely. In cross country, the sole and heel may contain grooves, ridges or track spikes no longer than one inch. The use of slippers or socks does not meet the requirement.

#### **JERSEYS**

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. 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.

## SHORTS

1. Must be school issued or school approved.
2. Shorts **may vary in length and style, but must be of the same color for all team members.**
3. Shorts may contain no ornamentation which will be objectionable in taste.
4. The waistband of a competitor's bottoms shall be worn above the hips.
5. French or high cut apparel shall not be worn in lieu of the uniform bottom.
6. The looser fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
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.

## HATS, CAPS, 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 worn, gloves must be the same color for all team members.
3. If hats, caps are approved for wear by the games committee, they should be the same color for all members of the team choosing to wear them. By KSHSAA policy, visors and baseball style hats **may not** be worn during competition by any competitor.

## 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.
2. 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.
3. Boxer underwear showing below the shorts is unacceptable.
4. A **single manufacturer's logo/trademark**, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on each item of apparel. Items with logos on the front and back that are visible must be removed, or all but one of the logos permanently covered.
5. The 'sports bra' is not considered as visible apparel underneath the jersey!

## 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.

## HAIR ADORNMENT

While participating in competition, it is permissible for a student to use in their hair for a functional purpose the following:

1. Ribbon of any single color (Ribbon length such that it is not "flowing" 3" or less in length),
2. Any ribbon, rubber band, yarn, cloth or cloth-like material worn in the hair must have a functional purpose, i.e. to hold the hair in place while in competition.
3. Unadorned devices such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.
4. Headbands and head coverings are permitted unless banned by the games committee.

## MISCELLANEOUS

1. 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)**
2. **GPS watches are not legal and considered an aid.**

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. 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.

## Participant Removal Guidelines & Considerations

The 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:

1. 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 event personnel.
  - If the runner can be safely moved, the runner will be immediately transferred to the finish line 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 be transported to the finish line medical area for evaluation.
  - The onsite medical personnel will determine the appropriate care to be administered.
  - It is important the runner checks in at the finish line so race management personnel are aware of the runner's status.
  - Coaches should meet any of their runners at the medical tent who are receiving care.
  - Coaches are often the best source of relevant medical history for their runners that may

be beneficial to the medical personnel treating the athlete.

2. To assist designated event personnel, including spotters and coaches on determining the level of distress, these guidelines should 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 removed from the race.
- 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 removed from the race.
  - If the runner is able to communicate something and they are just tired, they will be allowed to continue.

Water will not be provided by meet management on the course during the race. Water will be available before and after the race. A determination on whether or not coaches will be allowed to hand out water during the race will be made prior to the start of races each day.

NOTE: The challenge to 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.

Towels will not be allowed to be handed out on the course. They may be distributed by team personnel after the athlete has cleared the finish line.

Coldwater immersion tanks will be available if the weather dictates. Meet management will determine the need based on the Heat Guidelines provided.

Medical personnel and an ambulance will be on stand-by. A trail vehicle will be provided to transport runners in distress to the medical area. Runners who are in need of medical attention shall not be removed from the medical area until cleared by the personnel on-site. Coaches/parents should not take runners away from this area until cleared.