

2-A CROSS COUNTRY REGIONAL AT WASHINGTON COUNTY

Saturday October 24, 2020

Cedar Hill Golf Course
1314 Quivira Rd
Washington, KS 66968

Numbers: Contestants will wear their number on their front. Make certain each runner is wearing the correct number. The name of each runner is on the back of the number. Please make certain that each runner has his/her number.

Time: 12:00 Noon Girls race and 12:35 PM Boys race

Finish: The runners will be placed according to the numbers on their front as they pass through the finish chute. A place card will be given each runner. This is their finish place and does not need to be turned in for team scoring.

Awards: Girls: 10 individuals, plaques to the top 2 teams.
Boys: 10 individuals, plaques to the top 2 teams.
Results, medals and plaques will be placed in packets that will be given to the coaches following the boys' race in the front of the clubhouse.

Results: We will hand out results following the meet. Results will also be emailed to coaches and athletic directors.

State: Information from the KSHSAA is given below. We will also announce the state qualifiers.

REGIONAL ENTRY FORMS:

Entries for regional cross country will be submitted online. Coaches will log on to the KSHSAA website and enter up to 10 runners. Entries are due by noon on Monday, October 19. No additions will be allowed after this time. Substitutions are permitted only with KSHSAA approval for injury or illness and none will be approved after Wednesday, October 21.

- Regional Starters: All starters used in regional meets must have been registered with the KSHSAA for the 2020 track season.
- Practice on Course: Coaches and athletic directors should have received an email concerning being on the course prior to the day of the meet.
- Eligibility of Runners: In order to compete in the regional cross country meet a runner must be a member of the squad for a majority of the season (Rule 30-2-2).
- Cooperative Teams: Teams that run as a cooperative team during the regular season must separate for postseason competition (regional and state), and each runner will represent their own school.

REGIONAL FORMATS (revised 10/24/2020)

Class 3A and 2A: In order to reduce the number of runners in each race Classes 3A and 2A will go from 4 regional sites of 15 or 16 schools to six regional sites or 10 or 11 schools. Schools may list 10 runners on the entry form, but only the seven runners that will participate are allowed at the regional site on the day of the meet. The top 2 teams from each regional will qualify for the state meet on October 31. We will continue to have 12 teams at our state meet. The top ten runners at each regional will qualify. If there are not three runners from non-qualifying teams in the top 10 up to three additional non-qualifying team members will qualify from each regional.

REGIONAL CROSS COUNTRY ASSIGNMENTS

Spectators will be limited to 4 parents/fan per runner. All fans must wear face coverings and socially distance, especially at the start and finish line area. It is the responsibility of schools to notify their parents/fans and supporters of these regulations and help enforce them. Safety of student-athletes, coaches, administrators and spectators is important and the KSHSAA feels these precautions will help mitigate the spread of the coronavirus.

COVID19 Considerations

- Schools will be able to list 10 runners on the regional entry form. Only 7 runners will be permitted at the regional site. This is to help mitigate the virus spread by limiting the number of people from different communities.
- One manager per team permitted.
- Two coaches per team permitted.
- School administration permitted.
- Face coverings must be worn when not socially distanced.
- The starting line and boxes are closed until 10 minutes before the race. Runners can't do run-outs until that time. Face-coverings must be worn during this time.
- There should be an open starting box between each team at the start line.
- Disposable face coverings are recommended for runners.
- The starter will permit runners to remove face coverings one minute prior to the start of the race
- Face coverings should be placed in trash cans or boxes placed behind the starting line. (I have my runners place their mask in a quart size zip-lock bag with their name on it that can be claimed following the race.)
- After the race is completed, runners should have time to recover and then wear face coverings.
- Team members only should be permitted in the team tent/camp area.
- As soon as possible teams and runners should board busses and leave the facility.
- There will not be award ceremonies. Managers will put medals in packets and give to the coaches. Coaches will pick up plaques if the team places 1st or 2nd.

STATE CROSS COUNTRY ENTRIES New this year, coaches of qualifying team will **not** need to submit a new roster for the state meet. The runners entered into the regional will automatically advance to the state meet. If a school needs to change the roster from the regional meet to the state meet, substitutions must be submitted to KSHSAA (Francine Martin) by noon on Monday, October 26. Forms CC-3 (girls) or CC-4 (boys) must be emailed or FAXED in by noon. Otherwise the 10 runner on CC-1 and CC-2 will be entered and assigned numbers. Only seven runners from a qualifying team will be permitted onto the state site on October 31 and each will be required to wear wristbands to enter. Only spectators, coaches, managers and participants will be permitted at the state site. Schools will have

wristbands to sell to family members and other fans. Spectators will be limited to four per runner for each school. Cost of the wristbands will be \$9 and will be purchased from the school.

STATE CROSS COUNTRY ATTENDANCE

At this time, based on COVID19 recommendations the state meets will have limited spectators. 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.

Class 2A

Victoria-Sand Plum Nature Trail

R.R. 1 (Golf Course Road), Victoria, 67671

Date(s): October 31, 2020

Host: Victoria HS

Manager: [Dylan Dronberger](#)

PH: (785) 735-9211

FAX: (785) 735-9208

Media Contact: [Dylan Dronberger](#)

Media PH: (785) 735-9211

Media FAX: (785) 735-9208



<http://www.kshsaa.org/Public/CrossCountry/State.cfm>