

2021 Cross Country Bulletin



This is a live document and is subject to change at the discretion of the CHSAA office

All editorial changes will appear in green

All new changes will appear in blue

PLEASE NOTE THAT ALL DATES AND INFORMATION IN THIS BULLETIN ARE SUBJECT TO CHANGE

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CHSAA CONTACT: Lane Ververs, (303) 344-5050 ex. 5 – lververs@chsaa.org

[CHSAA CROSS COUNTRY INFORMATION](#)

CHSAANOW





Colorado High School Activities Association

'Seeking Excellence in Academics, Activities and Athletics'



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TO: ATHLETIC DIRECTORS/COACHES OF SCHOOLS PARTICIPATING IN CROSS COUNTRY
FROM: JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER
RE: 79th ANNUAL CHSAA HIGH SCHOOL BOYS' CROSS COUNTRY SEASON
44th ANNUAL CHSAA HIGH SCHOOL GIRLS' CROSS COUNTRY SEASON

The Colorado High School Activities Association would like to welcome you to the 79th/44th fall season of the interscholastic boys and girls cross country season.

The attached bulletin contains the modifications, guidelines, policies, bylaws, and changes that are critical for you, your student/athletes and your program. This resource is a tool that is meant to be used throughout the regular season and post season. This is only sport specific information. While bulletins are a resource tool they do not take the place of the By-laws and Constitution. Please note that bulletins may be updated throughout the season, so please check online regularly for any updates.

I look forward to serving as your cross-country commissioner for the 2021 season. The State Cross Country Meet will be held at Norris Penrose Event Center, Colorado Springs on October 30, 2021. I wish you and your student-athletes a rewarding season. Richie Madrid, Athletic Director at Del Norte High School will serve as your committee chair until 2022. This year's committee meeting will be November 9, 2021 at 9:00 am. This meeting is scheduled for an online format via ZOOM.

As always, I would like to thank coaches for their time, effort and for continuing to develop and mentor young athletes.

Thank you again to Kris Roberts, Stan Lambros and Norris Penrose Event Center for hosting a fabulous 2020 State Cross Country Meet.

Sincerely,


Jenn Roberts-Uhlig
(303) 344-5050
jrobertsuhlig@chsaa.org

COACHES

[PLEASE CLICK HERE FOR INFORMATION ON STATE ENTRIES](#)

TABLE OF CONTENTS

SEASON CALENDAR

CHSAA CROSS COUNTRY ADVISORY COMMITTEE

MAJOR BYLAW CHANGES

NATIONAL FEDERATION RULES CHANGES

SPORT SPECIFIC CHANGES

SPORTS MEDICINE ADVISORY COMMITTEE

SPORTSMANSHIP

BECOMING AN OFFICIAL

IN & OUT OF SEASON PARTICIPATION

PLAYER EJECTION

COACH EJECTION

DRONE POLICY

CROSS COUNTRY REGULAR SEASON INFORMATION

Regular Season Meet Checklist
Computerized Transponders/Chips
Distance
Disqualification/Ejection Clarification
Legal Uniforms
Start/Conclusion
Ties
Teams on State Course During the Season
Wireless Communication

OFFICIALS

Welcome Letter

COACHES

Colorado Coaches Code of Ethics
Coaches Information

REGIONAL INFORMATION

Regional Meet Checklist
Important Dates
Distance
Entries to Regionals
Additional Runners at Regionals
Scoring for Regionals
Entries to State
Open Meets
Regional Eligibility
Ribbons
Regional Points of Emphasis
Starting Line
Boys & Girls Regionals - [Class 2A](#) | [Class 3A](#) | [Class 4A](#) | [Class 5A](#)

STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION

State Meet Information

Date

Site

Host

Meet Director

Site

Site Director

Time Schedule

Scoring at State

Inquiry Table

Appealing A Decision at the State Championships

Measuring Devices

Awards Presentation

Check In

Computerized Transponders/Chips

Course Walk Through

Distance

Doctors and Trainers

Dressing Room Facilities

Entries to State

Inhalers

Legal Uniforms

Parking

School Packet Pick-Up

Start/Conclusion

State Site Information

Substitution from Regional to State

State Participation Certificates

Team Results

T-shirts

Team Check-in

Returning for Their Race

Note to Coaches

HOST HOTEL AND ADDITIONAL HOTELS

CROSS COUNTRY COURSE MAP

DIRECTIONS TO NORRIS PENROSE EVENT CENTER

SEASON CALENDAR

FIRST DAY OF PRACTICE	August 9, 2021 (Practices and meetings cannot be conducted on Sundays)
FIRST SCRIMMAGE DATE	August 14, 2021
FIRST COMPETITION DATE	August 19, 2021
ACT-TEST-DATE	September 11, 2021 October 23, 2021 December 11, 2021
SAT-TEST-DATE	October 2, 2021 November 6, 2021 December 4, 2021
CROSS COUNTRY REGIONALS COMPLETED	October 21-23, 2021
ENTRIES TO STATE (SUBMITTED BY COACHES)	Due by Saturday, October 23, 2021 (11:59 pm)
STATE CROSS COUNTRY (ALL CLASSES)	Saturday, October 30, 2021 SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS
CROSS COUNTRY COMMITTEE MEETING	Tuesday, November 9, 2021 (9:00 am – virtual via ZOOM)
CHSAA LEGISLATIVE COUNCIL MEETINGS	April 20, 2021

CHSAA CROSS COUNTRY ADVISORY COMMITTEE

Richie Madrid (Chair)

Del Norte High School (2A) (2022)
rmadrid@urtigers.co

Amy Farmer

Hinkley High School (5A) (2022)
alfarmer@aps.k12.co.us

Karen Smidt

Brighton High School (5A) (2024)
ksmidt@sd27j.net

Scott Hodgson

Brush High School (3A) (2022)
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Gentry Nixon

Battle Mountain High School (4A) (2024)
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Amy Miller

North Fork High School (3A) (2024)
amy.miller@deltaschools.com

Tyler Haughness

Shining Mountain Waldorf High School (2A) 2023
ad@smwaldorf.org

Chad Belveal

Falcon High School (4A) (2022)
cbelveal@d49.org

Jerry McWhorter

D'Evelyn High School (3A) (2023)
Jerry.McWhorter@jeffco.k12.co.us

Andrew Drysdale

Regis Jesuit High School (5A) (2023)
adrysdale@regisjesuit.com

Scott Goheen

La Junta High School (3A) 2022
sgoheen@lajunta.k12.co.us

STATE RULES INTERPRETER

KC Logan, CTFOA Rules Interpreter (kclogan@hotmail.com)

CHSAA COMMITTEE MEETING

Tuesday, November 9, 2021.

This meeting will be a virtual meeting via ZOOM. If you plan on presenting a proposal or a topic for discussion, please contact Jenn Roberts-Uhlig, Assistant Commissioner (jrobertsuhlig@chsaa.org) at CHSAA or Lane Ververs, CHSAA Executive Assistant (lververs@chsaa.org) so you can be placed on the agenda. Changes made at the meeting, pending the legislative council process, are in effect for the 2022 season.

COMMITTEE PROPOSALS

If you plan on bringing a proposal to the committee you must submit a [CHSAA Committee Proposal Form](#) that has been proposed by a league and signed by the league president. This form is due **one week** prior to the committee meeting. Please email this form back to lververs@chsaa.org.

HOW TO GET RECOMMENDED FOR A COMMITTEE:

Contact your league president, athletic director or Legislative Council Representative in February for a recommendation

MAJOR BYLAW CHANGES

MAJOR BYLAW CHANGES 2021-2022

1. BOARD OF DIRECTOR MEMBERSHIP
-- Constitution & Bylaws, Article 8, Rule 810.44 page 30
2. BOARD OF DIRECTORS COMMUNICATION
-- Constitution & Bylaws, Article 8, Rule 810.5 page 31
3. RESTRICTED VARSITY ELIGIBILITY
-- Constitution & Bylaws, Article 18, Rule 1800.47..... page 64
4. OFFICIALS PAY DURING SCRIMMAGES
-- Constitution & Bylaws, Article 23, Rule 2320.18..... page 92
5. ADDITIONAL FOUNDATION GAME
-- Constitution & Bylaws, Article 23, Rule 2320.4 page 92
6. SANCTIONING OF ESPORTS
-- Constitution & Bylaws, Article 48, Rule 4800 page 127

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.

NATIONAL FEDERATION RULES CHANGES



For information on the 2021 Track and Field & Cross Country Rules Changes, please go [HERE](#).

For information on the NFHS Track & Field and Cross Country Uniform Rules, please go [HERE](#).

SPORT SPECIFIC CHANGES

Major Changes

No major changes

Informational Items

- State Cross Country will be held at the Norris Penrose/Bear creek site for the next 4 years (2020 – 2023).
- Information and data around a possible addition of a 1A classification will be compiled during the 2021 season

SPORTS MEDICINE ADVISORY COMMITTEE

For all CHSAA sports medicine policies, procedures, and protocols, please visit the [Sports Medicine Advisory Committee Handbook](#).

Lightning and Tornado Policy and Procedures and Heat Acclimatization and Safety Priorities can be found in the [Sports Medicine Advisory Committee Handbook](#).



SPORTSMANSHIP

CHSAA [Game Management & Sportsmanship Expectation Guide](#)

BECOMING AN OFFICIAL

If you or someone you know is interested in becoming an official, please contact the CHSAA official's office at mtillman@chsaa.org.

CHSAA CROSS COUNTRY ADVISORY COMMITTEE REPORT

CHSAA LEGISLATIVE COUNCIL COMMITTEE REPORT
May 5, 2021

CROSS COUNTRY

Richie Madrid, Del Norte High School
Chair

CR 14

I. MAJOR CHANGES FROM LAST YEAR'S REPORT:

A. No major changes

II. RATIONALE:

A. No major changes

III. FINANCIAL IMPACT:

A. No major changes

IV. DATES:

Criteria for date selection:

Regionals – the **Thursday-Saturday** of Week 16.

State – the Saturday of Week 17.

Regional Qualifying	October 21-23, 2021
	October 20-22, 2022

State Championship	October 30, 2021
	October 29, 2022

V. QUALIFYING FORMAT AND REGIONAL ASSIGNMENT BY CLASS:

2021 2A Cross Country Regions
(Enrollment – 1-320)
(75 Schools)

REGION 1 (19)	REGION 2 (18)
Aurora West College Prep* (395)	Addenbrooke Classical Academy (142)
Byers (150.5)	CIVA Charter (188)
Clear Creek (220)	Colorado Springs Christian (279)
Dawson School (254)	Colorado Springs School (99)
Front Range Baptist (69)*	Denver Academy (202)
Front Range Christian (141)	Denver Academy of Torah (23)
Heritage Christian (94)	Denver Christian (153)
Highland (285)	Dolores Huerta (B) (210)
Lake County (285)	Ellicott (288)
Loveland Classical (106)	Fountain Valley (239)
Lyons (201)	Golden View Classical Academy (129)
Merino (87)	Limon (139)*
Rocky Mountain Lutheran (58)	Lotus School for Excellence (358)*
Nederland (120)	Peyton (236)
Shining Mountain (70)	Pikes Peak Christian (54)
Strasburg (319)	Stratton Liberty (69)
Twin Peaks Charter (136)	Two Roads Charter (187)
Wiggins (166)	Vanguard (289)
Yuma (232)	Wray (63)
REGION 3 (23)	REGION 4 (16)
Antonito (44)*	Caprock Academy (140)
Buena Vista (280)	Colorado Rocky Mountain School (161)
Centauri (292)	Crested Butte Community (222)
Centennial (67)	DeBeque (42)
Center (141)	Dolores (153)
Cripple Creek-Victor (84)	Grand Valley* (329)
Custer County (119)	Hotchkiss (189)
Del Norte (130)	Ignacio – G (228)
Hoehne (109)	Lake City (21)
Kim (15)	Mancos (130)
Moffat (35)	Meeker (203)
Monte Vista (282)	Olathe (288)
Platte Canyon (242)	Ouray (60)
Primero (186)	Rangely (122)*
Rocky Ford (211)	Soroco (110)
Rye (215)	Telluride (289)
Sargent (107)	West Grand (133)
Sierra Grande (66)	
South Park (137)	
St. Mary's (Springs) (258)	
Springfield (32)	
Swallows Charter (151)	
Thomas MacLaren (224)	

*Regional Host | *Place Down | ^Place up

* - Indicates the school who is responsible for facilitating the selection of the regional site, time and site director. Regional sites will be alternated on a yearly basis. If a school has the asterisk this does not mean you have to host the regional, but you are responsible in getting the regional information to CHSAA and seeing that regional are set in all capacities.

Qualifying Procedure – Top 5 (five) teams - all athletes who finish in the top 15 places. Full teams must consist of 4 to 8 members (score “4”). Regionals take 20 teams.

2021 3A Cross Country Regions
(Enrollment – 321-774)
(69 Schools)

REGION 1 (12)	REGION 2 (13)	REGION 3 (14)
Alamosa (602)	Banning Lewis Prep (337)	Academy, The (558)
Aspen (566)	Classical Academy, The (640)	Arrupe Jesuit (430)
Basalt (490)	Elizabeth (676)	Arvada+ (817)
Bayfield (381)	Florence (344)	Denver West (768)
Coal Ridge (573)*	Harrison+ (1049)*	DSST Conservatory Green^ (303)
Delta (587)	James Irwin (404)	DSST Green Valley (551)
Gunnison (398)	La Junta (377)	DSST Montview (580)
Middle Park (385)	Lamar (428)	Holy Family (691)
Moffat County (583)	Lutheran (595)	Jefferson Academy (423)*
Montezuma-Cortez (647)	Manitou Springs (492)	Lincoln+ (949)
North Fork (336)	Salida (378)	Peak to Peak (593)
Pagosa Springs (490)	Sierra+ (875)	Pinnacle, The (536)
Rifle (756)	Woodland Park (762)	Prospect Ridge (410)
		Stargate (396)
REGION 4 (15)	REGION 5 (14)	
Berthoud (677)	Colorado Academy (413)	
Brush (447)	D'Evelyn (607)	
Eaton (557)	DSST Byers (399)	
Estes Park (333)	DSST College View (513)	
Fort Lupton (662)	Englewood (B)/ St. Mary's Acad. (G) (519/770)	
Frontier Academy (358)	Faith Christian (352)*	
Liberty Common (348)*	Jefferson (410)	
Northridge+ (1137)	Kent Denver (484)	
Platte Valley (351)	KIPP Denver Collegiate (457)	
Resurrection Christian^ (298)	Machebeuf (362)	
Severance (330)	Ridge View Academy (B)	
Sterling (519)		
University (605)	Sheridan (346)	
Valley (573)	SkyView Academy (321)	
Weld Central (641)	STRIVE Prep – SMART (489)	

*Regional Host | *Place Down | ^Place up

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Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 9 members (score “5”). Regionals take 20 teams.

2021 4A Cross Country Regions
(Enrollment – 775-1566)
(65 Schools)

REGION 1 (13)	REGION 2 (13)	REGION 3 (12)
Battle Mountain (961)	Air Academy (1356)	Alameda International (775)
Central-Grnd Jnct.+ (1588)	Aurora Central+ (1716)	Centaurus (1308)
Conifer (856)	Coronado (1297)	Denver North (1051)
Eagle Valley (972)	Discovery Canyon (1149)	Denver South+ (1578)
Evergreen (1075)*	Falcon (1275)	George Washington (1163)*
Glenwood Springs (988)	Gateway (1520)	Niwot (1170)
Golden (1329)	Lewis-Palmer (1146)*	Northfield (824)
Grand Junction (1552)	Littleton (1254)	Regis Groff (897)
Green Mountain (1102.5)	Palmer (1560)	Skyview (883)
Mullen (884)	Palmer Ridge (1224)	Standley Lake (1345)
Palisade (1012)	Ponderosa (1388)	Thomas Jefferson (1153)
Steamboat Springs (830)	Sand Creek (1197)	Vista Peak (1383)
Summit (955)	Wheat Ridge (1186)	
REGION 4 (14)	REGION 5 (13)	
Erie (1341)	Canon City (1042)	
Frederick (1076)*	Cheyenne Mountain (1291)	
Fort Morgan (908)	Durango (1187)	
Greeley Central (1545)	Mesa Ridge (1286)	
Longmont (1293)	Mitchell (1236)	
Mead (1124)	Montrose (1302)	
Mountain View (1203)	Pueblo Centennial (1069)	
Riverdale Ridge^ (543)	Pueblo Central^ (743)*	
Roosevelt (1055)	Pueblo County (1042)	
Silver Creek (1406)	Pueblo East (1008)	
Skyline (1429)	Pueblo South (1063)	
Thompson Valley (1087)	Pueblo West (1408)	
Thornton+ (1701)	Widefield (1342)	
Windsor+ (1588)		

*Regional Host | *Place Down | ^Place up

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Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 9 members (score “5”). Regionals take 20 teams.

2021 5A Cross Country Regions
(Enrollment – 1567-up)
(56 Schools)

REGION 1 (11)	REGION 2 (12)	REGION 3 (11)
Arapahoe (2251)	Arvada West (1784)	Adams City (1976)
Cherokee Trail (2844)	Bear Creek^ (1530)	Boulder (2086)
Cherry Creek (3728)	Chatfield (1806)	Broomfield^ (1559)
Eaglecrest (3046)	Columbine (1703)	Denver East (2603)
Grandview (2896)	Dakota Ridge^ (1460)*	Fairview (2174)
Hinkley (2138)*	Fruita Monument (1827)	Legacy (2410)*
Overland (2418)	Heritage (1692)	Monarch (1706)
Rangeview (2227)	Highlands Ranch (1688)	Northglenn (2064)
Regis Jesuit – B^ (1876)	Lakewood (2077)	Pomona^ (1339)
Regis Jesuit – G^ (1466)	Mountain Vista (2332)	Ralston Valley (1819)
Smoky Hill (2020)	ThunderRidge (2030)	Westminster (2396)
	Valor Christian^ (1180)	
REGION 4 (11)	REGION 5 (11)	
Brighton (1783)	Castle View (2187)	
Far Northeast (2840)	Chaparral (2259)	
Fort Collins (1838)	Doherty (2001)	
Fossil Ridge (2041)	Douglas County (1863)	
Greeley West (1567)*	Ftn. Ft. Carson (1790)	
Horizon (2008)	Legend (2211)*	
Loveland (1629)	Liberty (1592)	
Mountain Range (1989)	Pine Creek (1623)	
Poudre (1802)	Rampart (1641)	
Prairie View (1905)	Rock Canyon (2266)	
Rocky Mountain (2014)	Vista Ridge (1605)	

*Regional Host | *Place Down | ^Place up

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Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 9 members (score “5”). Regionals take 20 teams.

VI. INFORMATIONAL ITEMS:

- State Cross Country will be held at the Norris Penrose/Bear creek site for the next 4 years (2020 – 2023).
- Information and data around a possible addition of a 1A classification will be compiled during the 2021 season

VII. COMMITTEE MEMBERS:

Richie Madrid (Chair), Del Norte (2022); Brian Simpson, Montrose (2021); Amy Farmer, Hinkley (2022); Leslie Rosenbaum, Merino (2021); Chad Belveal, Falcon (2022); Scott Hodgson, Brush (2022); Scott Goheen, La Junta (2022); Mike Hawkes, Shining Mountain Waldorf (2023); Jerry McWhorter, D’Evelyn (2023); Andrew Drysdale, Regis Jesuit (2023)

IN & OUT of SEASON PARTICIPATION

Please see [bylaw 2100](#) for outside competition.

Please see [bylaw 2300.1](#) for competitive season/participation.

RESTRICTED ELIGIBILITY

Any student-athlete with restricted eligibility may not compete in any varsity or exhibition heats and will not be able to submit state qualifying times until the restriction is served.

PLAYER EJECTION

Any player who has been ejected from a match or contest shall be disqualified for the remainder of that match or contest. In addition, the player shall be suspended from competition for the next scheduled match or contest played at the same level (sophomore, junior varsity, or varsity).

COACH EJECTION

A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for the next regularly scheduled match or contest of the same level. He/she may not coach in any other contest at any level during this time.

A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors (For necessary action by the school administration, see [Bylaw 2420.11](#)).

A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship; and, Teaching and Modeling Behavior. These courses shall be completed before he/she will be removed from probation and must be finished in a reasonable amount of time during the season to be determined by the school's athletic director.

CHSAA DRONE POLICY

“The use of drones, also known as unmanned aerial vehicles, is prohibited for any purpose by any persons at all CHSAA-sanctioned events, unless express written permission is obtained: 1) from the host school district during regular season contests, or 2) the CHSAA for any postseason/playoff contest. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, a drone is any aircraft without a human pilot on board.”

CROSS COUNTRY REGULAR SEASON INFORMATION

REGULAR SEASON TIMING

At regular season meets, hand timing, bib transponders and shoe chips are allowable methods for timing. Refer to rule 8, section 3, article 3 & 4 of the National Federation Rule Book.

DISTANCE

The distance to be run in competition (boys & girls) will be measured at approximately 5000 meters. Cross country courses can be 2500 to 5000 meters length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground.

DISQUALIFICATION/EJECTION CLARIFICATION

An athlete will be disqualified for the following:

- A false start.
- Interfering with another competitor
- Using unsportsmanlike or unacceptable conduct
- Aiding or assisting another person that could improve that competitor's performance (This will be subject to the official's interpretation and cannot be appealed.)
- Fails to complete the prescribed course that is defined by a legal marking system.

Note: Providing liquids during competition is not considered to be an aid or assistance.

An intentional or flagrant foul identified by a head official/referee against a coach and/or athlete will result in immediate disqualification and the next scheduled contest. The head coach must be told of their or their athlete's disqualification on site by the head official. The reporting official must send/fax a written notification to the CHSAA office within 48 hours of the incident.

UNIFORM RULES

For Cross Country/Relay Uniform Compliance, State Officials Interpretation Will Be:

- Uniform top has the same predominant color in the front and the same school name or logo on the front.
- Uniform top has the same predominant color and design in the back.
- Uniform bottom has the same predominant color and design in the front and back.
- Side panels or side striping on the uniform top and bottom, whether they exist or not should not be a factor in determining compliance. ~~The side panels or striping must not extend to the front or back of uniform tops/bottoms which make the front and/or back of the uniform(s) different in design. The front and back of the uniform top and bottom must be identical.~~

~~Hats and gloves may be worn by competitors without pre-approval of the Games Committee. Hats and gloves must be recognized athletic wear (no floppy hats or distracting ornamentation), must be used as intended (baseball caps with brims facing forward for sun blocking) and must not impede the forward progress of any racer.~~

START/CONCLUSION

A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.

Rule 8-3 will be enforced with state adaptations. State meet shall conclude 60 minutes after the last race results have been announced/posted. The state association may intercede in the event of unusual incidents after the referee's jurisdiction has ended.

TIES

Ties in team scoring shall be broken for each classification by comparing the highest non-scoring place finisher from the tying teams. The team with the best non-scoring finisher shall prevail. If one team does not have any non-scoring finishers then the team that does shall prevail.

WIRELESS COMMUNICATION

Wireless Communication - Coaches may have cell phones on the regional and state courses in **unrestricted area**. At no time should a cell phone, any other device or assistive technology (ie: ipad, video streaming, etc.) be used to aid runners during the race. State participants during the race may not have any type of electronic device or assistive technology on their bodies except wrist watches.

REGULAR SEASON MEET CHECK LIST

- Secure facility & timing company
- Follow all NFHS course markings and measurements
- Secure certified officials. The list of certified officials can be found [HERE](#).
 - Certified officials are required at regular season cross country meets
 - **1-9 teams – 1 Official** – RECOMMENDATION: Serves as the starter & running referee, monitors start & finish line.
 - **10-19 teams – 2 Officials** – RECOMMENDATION: One to serve as the starter & one at the start line. One will serve as the running referee. The referee will monitor the finish line and the other official will be 50 meters down the course monitoring incoming runners.
 - **20-39 teams – 3 Officials** – RECOMMENDATION: One to serve as the starter & one to serve as assistant starter 100 meters down the course. One official to serve as at the start line official. At the finish the referee will be at the finish line. One official will be 50 meters down the course and one official will be 100 meters down the course monitoring incoming runners. One official will be designated the referee before the meet begins.
 - **40+ teams – 4 Officials** – RECOMMENDATION: One to serve as the starter & one to serve as assistant starter 100 meters down the course. Two officials to serve as start line officials. Once the race begins all four official will report to the finish line. The referee and one official will be at the finish line. One official will be 50 meters down the course and one official will be 100 meters down the course monitoring incoming runners.
 - THE MEET DIRECTOR SHOULD NOT SERVE AS A CERTIFIED OFFICIAL AT REGIONALS
- Secure additional essential workers.
 - Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, etc.
- Secure a specified open area for media
- Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
- Officials pay for Cross Country is **\$46.82**

OFFICIALS

Dear Coaches,

On behalf of the CTFOA, we would like to welcome you to the 2021 Cross Country Season. As officials, we look forward to working with you and your student-athletes in collaboration to create a genuine & positive experience for all throughout the season. The expertise that you bring to the table as coaches is greatly appreciated. As officials, we often look to you for your input and insight into making the season a rewarding and enjoyable experience for yourself, your student-athletes, the fans and for Cross Country Officials alike.

The 2020 Track & Field & Cross Country NFHS Rule Book (there is no 2021 rules book) will govern this upcoming season, as was the case for the Spring 2021 T&F Season.

We once again wish you a productive & successful 2021 season.

Gary Strubel, President
CTFOA

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Gary Strubel, President
Colorado Track & Field Officials
CHSAA
gharleyclassic@gmail.com



*****Note:** Athletic Directors and Coaches can evaluate meet officials in Arbiter Sports after the meet has finished. To do this, go to www.arbitersports.com, then click on the Evaluations Tab and you will see the meets that are ready to be evaluated. If you or your coach needs to be added to arbiter to evaluate, please email Monica Tillman at mtillman@chsaa.org. Please provide full name, school and current email address.

COACHES

COLORADO COACHES CODE OF ETHICS



1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.
2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.
3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.
4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.
5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.
6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.
7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.
8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.
9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.
10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.
11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSAA rules and bylaws.
12. **CONTINUED DEVELOPMENT** A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)

COACHES INFORMATION

Each coach should become familiar with all eligibility rules. CHSAA Handbook has been distributed to member schools. If you do not have access to this material, contact your athletic director.

Check the CHSAA Handbook for the details related to the following rules. USE IF NEEDED

PLAYING OF AN INELIGIBLE WILL RESULT IN FORFEITURE.....	<u>Article 2400</u>
SUMMER SCHOOL MAKE-UP	<u>Article 1750.1</u>
INTERNATIONAL STUDENT RULE	<u>Article 1880</u>
ORGANIZED TEAM PRACTICE	<u>Article 2310.3</u>
PHYSICAL EXAMINATION/PARENT CONSENT	<u>Article 1780</u>
MEDICAL RELEASE FOR INJURIES	<u>Article 1780.2</u>

[CHSAA Constitution and Bylaws](#)

REGIONAL INFORMATION

IMPORTANT DATES

October 21 – October 23	Regional Qualifying Meets (Regional list included)
Saturday, October 23	Coaches are responsible for entering their qualified athlete(s)/team into the state meet by 11:59 PM.
Saturday, October 30	Boys' and Girls' State Cross Country Meet Norris Penrose Event Center – Colorado Springs.
Tuesday, November 9	Cross Country Committee Meeting (Virtual - ZOOM) – 9:00 am

*If you have suggestions, ideas, and/or concerns, regarding input, format, experience, etc. please contact Richie Madrid, Cross Country Committee Chair, Del Norte High School or Jenn Roberts-Uhlig, Assistant Commissioner, CHSAA.

REGIONAL MEET CHECK LIST

- Secure facility & timing company
- Follow all NFHS course markings and measurements
- Secure certified officials – 4 is required at all regionals. Please let us know if you are struggling to find officials. The list of certified officials can be found [HERE](#).
- Secure additional essential workers.
 - Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, etc.
- Secure a specified open area for media
- Please provide clear instructions to coaches regarding pre-regional requirements, regional meet information and state meet information.
- Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
- Regional awards will be delivered to you by October 7th
- Officials pay for Cross Country is [\\$46.82](#)

DISTANCE

All distances at the regional and state level shall be measured to 5,000 meters.

ENTRIES TO REGIONALS

*Regional directors are responsible for entries into their regional meet. They must contact coaches directly. It is recommended that they begin communicating with teams in their regional at the beginning of the season.

ADDITIONAL RUNNERS AT REGIONALS

Each classification is allowed to run 2 additional runners at the regional meet. 3A, 4A, and 5A may enter up to 9 runners at the regional meets and 2A up to 8 runners. All runners should be listed in the official results but any runners over 7 for 3A, 4A and 5A and 6 for 2A will be pulled out for team scoring. See Below.

If an 8th, or 8th and 9th, individual on a team places in the top 15 at regionals that person gets a ribbon for a top 15 finish but does **not** qualify for state as an individual. Neither person displaces any other competitor for the purposes of team scoring. In this case place 16 and possibly 17, if both the 8th and 9th runners break the top 15, would advance to state instead. This is the only way that places 16 or 17 can advance to state as individuals. If place 16, or 16 and 17, are already a member of a state qualifying team, **no individuals** would advance to state in place of the 8th, or 8th and 9th individuals form the same team.

*For 2A, this would impact the 7th and 8th runners

SCORING FOR REGIONALS

ADDITIONAL AND INDIVIDUAL RUNNERS WILL BE PULLED OUT OF THE SCORING AT THE REGIONAL MEET.

EXAMPLE for Scoring and Team Results:

All competitors who finish the race shall be ranked and listed in the official results.

In team scoring, up to (7 – 3A, 4A & 5A, 6 – 2A) team members retain their order of finish. Any team members beyond this number shall be disregarded and shall not displace any opposing runners.

The team score then shall be determined by totaling the points scored by the first (5 – 3A, 4A & 5A, 4 – 2A) finishers of each team. If fewer than (5 – 3A, 4A & 5A, 4 – 2A) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked.

OPEN MEETS

No open divisions will be allowed at regionals.

REGIONAL ELIGIBILITY

Only runners representing member schools and who are eligible (under CHSAA By-laws) for competition are eligible to participate in the regional meet for advancement to state. All schools participating in the regional meet must have paid a separate participation fee for the boys' team and for the girls' team in order to be eligible for regional participation.

RIBBONS

Ribbons will be presented to those individuals who have finished in the top 15 places in the regional meet. Plaques will be presented to the first and second place at each regional meet.

REGIONAL POINTS OF EMPHASIS

All regional meets shall have a games committee. All regional meets are REQUIRED to have 4 certified officials. These required certified officials should be (1) Starter, (1) Assisitant Starter, (1) Referee at the start line and finish line to monitor both areas, and (1) fourth official at the start line and finish line. **Mandatory to have a certified official at the finish (this can be your referee).** (See National Federation rulebook for position descriptions – Rule 3)

Consensus in decision making on the regional level will minimize communication discrepancy between meet officials, coaches, and/or athletes.

STARTING LINE

Starting box placement will be done by random draw per games committee.

Starting block alleys should be 6ft wide. Minimum of 4.5 ft wide.

COMPUTERIZED TRANSPONDERS/CHIPS

Chip **timing must** be used at all regionals. **Bib-chips or shoe chips may be used.** **If using shoe chips RUNNERS MUST WEAR A CHIP ON BOTH SHOES.** Refer to rule 8, section 3, article 3 & 4 of the National Federation Rule Book.

INSURANCE

Please contact the CHSAA office for any insurance requests/needs for non-school venues/sites.

BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 2A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1

Date: Thursday, October 21 @ TBD
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Mark Roberts (roberts-mark@svvvsd.org)
Host School: Front Range Baptist

REGION #2

Date: Thursday, October 21 @ 1:00 PM
Site: Expo Park
10955 E. Exposition Ave.
Aurora, CO 80012
Director: Deon Jackson (Djackson@lotusschool.org)
Host School: Lotus School For Excellence

REGION #3

Date: Friday, October 22 @ 10:00 AM
Site: Rocky Ford High School
100 Washington Ave
Rocky Ford, CO 81067
Director: Sean McNames (sean.mcnames@rockyford.k12.co.us)
Host School: Rocky Ford High School

REGION #4

Date: Friday, October 22 @ 12:00 PM
Site: Confluence Park
Gunnison River Dr.
Delta, CO 81416
Director: Ryan Wilkie (ryan.wilkie@rangelyk12.org)
Host School: Rangely High School

BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 3A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1

Date: Friday, October 22 @ 1:00 PM
Site: VIX Park
627 N Wildhorse Dr
New Castle, CO 81647
Director: Ben Kirk (bkirk@garfieldre2.net)
Host School: Coal Ridge High School

REGION #2

Date: Friday, October 22 @ 3:45 PM
Site: El Pomar Sports Complex
2212 Executive Cir
Colorado Springs, CO 80906
Director: Al Melo (amelo@hsd2.org)
Host School: Harrison High School

REGION #3

Date: Thursday, October 21 @ 6:00 AM
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Mark Roberts (roberts-mark@svvsd.org)
Host School: Jefferson Academy

REGION #4

Date: Thursday, October 21 @ 3:00 PM
Site: Monfort Park
2122 50th Ave
Greeley, CO 80634
Director: Brett Shanklin (shanklinb@frontieracademy.net)
Host School: Frontier Academy

REGION #5

Date: Thursday, October 21 @ TBD
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Mark Roberts (roberts-mark@svvsd.org)
Host School: Faith Christian

BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 4A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1

Date: Friday, October 22 @ 3:00 PM
Site: Evergreen Memorial Park
26624 N Turkey Creek Rd
Evergreen, CO 80439
Director: Craig Babcock (craigbabcock123@gmail.com)
Host School: Evergreen High School

REGION #2

Date: Thursday, October 21 @ 3:30 PM
Site: Monument Valley Park
1794-1818 Culebra Ave
Colorado Springs, CO 80903
Director: Nick Baker (nbaker@lewispalmer.org)
Host School: Lewis-Palmer High School

REGION #3

Date: Friday, October 22 @ 3:00 PM
Site: Central Park
8791 Martin Luther King Blvd
Denver, CO 80238
Director: Beth Hulac (beth_hulac@dpsk12.org)
Host School: George Washington

REGION #4

Date: Thursday, October 21 @ 1:00 PM
Site: Lyons High School
100 McConnell Dr
Lyons, CO 80540
Director: Mark Roberts (roberts-mark@svvsd.org)
Host School: Frederick High School

REGION #5

Date: Thursday, October 21 @ 3:00 PM
Site: Elmwood Golf Course Short Nine
3900 Thatcher Ave
Pueblo, CO 81005
Director: Justen Cox (justen.cox@pueblocitieschools.us)
Host School: Pueblo Central High School

BOYS' & GIRLS' CROSS COUNTRY REGIONALS

(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 5A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1

Date: Thursday, October 21 @ **12:00 PM**
Site: Arapahoe County Fairgrounds
25690 E. Quincy Avenue
Aurora, CO 80016
Director: Amy Farmer (alfarmer@aurorak12.org)
Host School: Hinkley High School

REGION #2

Date: Thursday, October 21 @ 3:00 PM
Site: Robert Easton Regional Park
12819 W. Coal Mine Ave.
Littleton, CO 80127
Director: Matt Heckel (Matt.Heckel@jeffco.k12.co.us)
Host School: Dakota Ridge High School

REGION #3

Date: Thursday, October 21 @ 4:15 PM
Site: Broomfield County Commons Park
13200 Sheridan Blvd
Broomfield, CO 80020
Director: DJ Hummel (daniel.j.hummel@adams12.org)
Host School: Legacy High School

REGION #4

Date: Thursday, October 21 @ **3:00 PM**
Site: Monfort Park
2122 50th Ave
Greeley, CO 80634
Director: Brett Shanklin (shanklinb@frontieracademy.net)
Host School: Frontier Academy

REGION #5

Date: Thursday, October 21 @ 2:00 PM
Site: Monument Valley Park
1794-1818 Culebra Ave
Colorado Springs, CO 80903
Director: Roger Miller (roger.miller@dcsdk12.org)
Host School: Legend High School

STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION

STATE MEET INFORMATION (79th Annual Boys – 44th Annual Girls)

DATE

Saturday, October 30

SITE

Norris Penrose Event Center, Colorado Springs

HOST

CHSAA, Cheyenne Mountain High School, Runner's Roost

MEET DIRECTOR

Jenn Roberts-Uhlig, Assistant Commissioner, CHSAA
Lane Ververs, Executive Assistant, CHSAA

SITE DIRECTOR

Darryl Abeyta, Activities Director – Primero High School (CHSAA)
Kris Roberts, Athletic Director – Cheyenne Mountain High School
Stan Lambros, Coach – Cheyenne Mountain High School

COURSE DIRECTOR

Gary Staines, Special Events Runner's Roost

TIME SCHEDULE

9:00	5A Girls
9:40	2A Boys
10:20	5A Boys
11:00	2A Girls
11:40	Unified
12:20	4A Boys
1:00	3A Girls
1:40	4A Girls
2:20	3A Boys

SCORING AT STATE

2A – Run 6 at state – score **4**

3A, 4A & 5A – Run 7 at state – score 5

Individual runners are pulled out for purpose of team scoring.

Breaking ties in team scoring will be in accordance with NFHS rule 8-2-4 and 8-2-5, the same as was used at all Regional meets.

INQUIRY TABLE-

All Packet errors must be taken to the Inquiry table

(scratch/add sheet will be in team packets)

Team Athlete Changes

Name/Team Corrections

Omitted Athletes

Protest

General Questions

APPEALING A DECISION AT THE STATE CHAMPIONSHIPS

If a head coach has an appeal or protest regarding a misapplication of a rule, clerical or scoring errors, or order of finish, they may use the form provided in their packet to file a formal protest at the **Inquiry Table**. The referee will handle all protests. A games committee decision on a case being appealed will be final.

If a coach is ejected for interference with any athlete during the course of the race, the team and coach/individual who interfered may be ejected. National Federation rules permit the referee and/or games committee to eject the team and the interfering coach/individual.

MEASURING DEVICES

Measuring devices (wheels, metal tapes) will not be allowed on the championship course the Friday prior to and/or championship day.

PENALTY: Disqualification from the meet and subsequent probation/restriction penalties based on CHSAA By-laws.

The devices on the course are disruptive to the administration of the meet. Each athlete will run the course at the equitable distance as measured by the site director.

AWARDS PRESENTATION

All individual awards will be presented after each race and all team awards will be presented following the last race of their classification.

CHECK IN

Athletes will receive all information in the team packet. They need to check-in at the starting line. Please make sure one bib per athlete.

UNIFORMS AT THE STATE MEET

- Please note that the warning for an illegal uniform will be given to each athlete at the time of initial check-in and when they receive their wristband.
- An athlete with an illegal uniform will receive a warning. He/she will be told to make the uniform right. If they return and have not changed or altered the uniform, they will then be disqualified.

Sunglasses may be worn by competitors.

Hats and gloves may be worn by competitors. They must be recognized athletic wear (no floppy hats or distracting ornamentation), must be used as intended (baseball caps with brims facing forward for sun-blocking).

Hair devices, hard or soft, may be worn to control hair. (headbands, hair clips, bobby pins, ribbons, barrettes, etc)

Decorative hair bows with no dimension greater than 3 inches may be worn in the hair.

Head coverings worn for religious reasons are not considered hair devices; must fit securely or be fastened to the head/hair to remain in a fixed position.

FINISHING RESULTS

The official order of finish for runners at the state meet will be determined using a bib transponder and Finish Lynx cameras.

COURSE WALK THROUGH

No teams or individuals will be allowed on the State Cross Country Course the week of state. This includes Norris Penrose and Bear Creek. Due to the course being prepared for the state meet, this will eliminate confusion on where you are allowed to be. The ONLY time schools/team will be allowed on the state cross country course for a walk/run through will be on the Friday prior to the state meet from 3:00 pm and conclude by 6:00 pm. **Only participating athletes and their coaches may participate in the course walk through. No team or individuals will warm up at the starting area nor enter the stadium arena toward the finish during the walk/run through.** Coaches must supervise their athletes. No wheels, and no marking of the course will be allowed. Not abiding by these expectations could result in a disqualification from the meet.

DISTANCE

The race will be run on the site of Norris Penrose Event Center. The course is a 5000m course and consists of rolling hills, dirt, prairie grass and a creek bed. National Federation and CHSAA rules will be adhered to for the state meet.

DOCTORS AND ATHLETIC TRAINERS

Doctors and athletic trainers will be provided by the Colorado High School Activities Association and the Cheyenne Mountain Community.

DRESSING ROOM FACILITIES

No dressing room facilities will be available at the state championship site. All runners should arrive in competition attire.

ENTRIES TO STATE

Coaches do not need to register their athletes for the state meet. This process will be handled automatically based on the results of the regional meets. Once a final list has been completed, coaches with qualifying teams will be given the opportunity to make substitutions if needed.

FOR INFORMATION ON THE ENTRY PROCESS FOR TEAMS, PLEASE [CLICK HERE](#).

Entries can be viewed starting on monday (10/25). These will be able to be viewed by clicking [here](#).

Substitutions for team qualifiers or notification of not running individual qualifiers will be done by emailing rapid results timing to craigbaileytrack@gmail.com by Thursday 10/28 @ 12:00pm. Changes for team qualifiers after thursday can be made at the state meet as in the past.

When emailing craigbaileytrack@gmail.com for team qualifier substitutions, please include the following information:

- Classification
- Gender
- Name, School & Grade of Scratched Athlete
- Name, School & Grade of Added Athlete

~~Two independent chip timing systems will be in place, one primary, one for a back up. We will also have a video review system in place.~~

Rapid Results Timing is the official timer for the CHSAA State Cross Country Championships

PARALYMPIC/UNIFIED RACE

Registration for the Paralympic/Unified Race will be done through MileSplit

The Paralympic/Unified course map can be found by clicking [HERE](#).

INJURED COMPETITOR

If a competitor is injured prior to the start of their competition, the coach must make the substitution at the inquiry table.

INHALERS

Inhalers may be used during races. Coaches need to have a doctor's okay on hand. Do not need to present a note to the CHSAA Liaison.

PARKING

STATE SPECTATOR PARKING: \$10

**Buses (All student transport vehicles – Short Bus, Suburban, School Bus)
Bus and Team parking information: All buses enter main entrance of NPEC**

LIVESTREAM

Livestreaming of the event can be accessed by clicking [HERE](#).

SCHOOL PACKET PICK-UP

Packets may be picked up starting at **7:30 a.m.** on Saturday, October 30, at the meet headquarters. You can pick up packets for all classifications.

COACH CREDENTIALS

Two coaches per team will receive a wristband when they pick-up their team packet. This wristband must be on and visible at all times. If a coach does not have a wristband on, they will be asked to exit the Norris Penrose Event Center.

START/CONCLUSION

A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.

Rule 8-3 will be enforced with state adaptations. State meet shall conclude 60 minutes after the last race results have been announced/posted. The state association may intercede in the event of unusual incidents after the referee's jurisdiction has ended.

STATE SITE INFORMATION (from Site Director)

The Norris Penrose Event Center:

- **Buses (All student transport vehicles – Short Bus, Suburban, School Bus)**
Bus and Team parking information: All buses enter through designated school vehicle entrance at NPEC.
- The Pre-State Meet will be the ONLY opportunity to compete on the future state course. All teams that replied ON TIME for the Pre-State Meet have been accepted. PLEASE do not show up at the Pre State Meet to warm-up on the course. Only accepted teams for the Meet will be allowed on the course. **Failure to comply with this rule could result in team/coach placed on RESTRICTION.**
- Team camps information:
 - a. Please police your team camps for trash and athlete gear!
 - b. Please keep your team camps near your transportation.

SUBSTITUTION FROM REGIONAL TO STATE

Individual Qualifiers:

If a runner who has qualified as an individual at regional is unable to compete in the state meet, the next finisher shall be eligible to compete in the state meet provided the regional director contacts the CHSAA Cross Country Administrator. No changes will be made once results are submitted to CHSAA.

Team Qualifiers:

A school qualifies a team -- not five or seven individuals -- to state. Team members are eligible for the top ten places awarded at state. All team members must be entered electronically.

DO NOT CALL IN TEAM SUBSTITUTIONS.

A coach of a qualifying team may substitute eligible team members for those who competed at regionals. Coaches do not have to notify the CHSAA on team changes. Regional entries have to be turned into our race coordinator by Saturday, October 10. TBD information for school entries will be forwarded in the Regional Director's packet. We can make changes up to one hour prior to the start on race day. Every athlete is given an assigned individual number and two-chips for competition. If you substitute a team runner without notification on race day, your runner will be given the name and time of their former team member. Scratch/add sheets will be available at the inquiry table. They must be submitted to the CHSAA liaison (in writing) at the race inquiry table - one hour prior to the athlete's race.

STATE PARTICIPATION CERTIFICATE

State participation certificates are now digital. They can be found by going [HERE](#).

TEAM RESULTS

Team results will not be mailed. You can get the final individual and team results from [CHSAANow](#).

T-SHIRTS/SOUVENIRS

Official CHSAA State Cross Country Meet T-shirts with four-color logo will be available at the state meet while they last. T-shirts can be purchased on Friday, October 16 at the Hotel Eleganté (2886 S. Circle Drive, Colorado Springs, CO 80906). S, M, L, XL, XXL & XXXL sizes available

KUKULSKI BROTHERS

Souvenir items (t-shirts, sweatshirts, pins, shorts, etc.) will be available at the cross country championships.

[Website](#) | [E-Mail](#) | Phone: (602) 386-3460 | Pre-Sale

WALLACE PHOTOGRAPHY (Official Spirit Photographer)

Photographers will be onsite to photograph teams prior to their warm-up. Photos will be available for purchase.

[Contact](#) | [Website](#)

TEAM CHECK-IN

- Team check-in will start at 7:30 am for all classifications. Coach and team must report together.
- Team uniforms will be checked and running members will receive a wrist band if their uniform is in compliance.
- Chutes will be assigned. Numbers will be written on the back of the runner's hand.
- Team would then be free to complete their regular warm-up.
- A team replacing an injured athlete or using an alternate will need to go to the INQUIRY TABLE first and get approval before checking their team in.

RETURNING FOR THEIR RACE

- Athletes must check-in 40 minutes before the start of their race
- The check-in tent will be divided into two sections.
- LEFT SIDE – Checked teams with wrist bands. **Each team member will need to show their wrist band and chute number written on the back of their hand. They will be rechecked by officials.**
- RIGHT SIDE – teams that still need the initial check-in to get their wrist bands and numbers.
- Once teams have entered the restricted holding area they will not be allowed to leave. 2 coaches and running athletes with wrist bands will be the only ones allowed to enter this area.
- Only competing athletes, plus two coaches (only), are allowed in the starting area. NO ALTERNATES OR MANAGERS.
- Teams will be allowed into the restricted area immediately after the start of the previous race.
- Team members will be placed into their chutes and allowed to do run-outs by officials who will do a quick check of wrists and uniforms.
- Coaches will be asked to leave with 5 minutes left before final instructions are given.
- No alternates will be allowed to warm-up in check-in area.
- All those leaving the check-in area will be asked to exit west.

NOTE TO COACHES

- Please note that the warning for **a non-compliant** uniform will be given to each athlete at the time of initial check-in. **All athletes with a compliant uniform will be given a wristband.**
- An athlete with **a non-compliant** uniform will receive a warning. **All athletes with a non-compliant uniform will not be given a wristband.** He/she will be told to make the uniform right. If they return and have not changed or altered the uniform, they will then be disqualified. **If the uniform has been made compliant, the athlete will then receive a wristband.**



COURSE MAP OF NORRIS PENROSE EVENT CENTER

PLEASE CLICK ON THE FOLLOWING LINK FOR COURSE MAP

<https://stampede.tierraplan.com/>



HOST HOTEL

Hotel Elegante

- **Phone:** (800) 981-4012
- **Last Day to Reserve:** October 26
- **Group Code:** 3023179
- [Credit Card Authorization Form](#) (copy of front side of credit card must also be provided)
- [Tax Exemption Affidavit](#) (copy of tax exempt certificate must also be provided)
- Please send completed documentation to MWilliams@MCMElegante.com



The Hotel Elegante is proud to be the HOST hotel for the
CHSAA State Cross Country Meet
We would like to extend a special rate of
\$89.00 (plus tax)
Valid October 28 - October 30, 2021
For Reservations, call 1-800-981-4012
Hotel Reservation Contact: Sam Schmader
Please reference group code: 3023179 or ask for "CHSAA – State Cross Country Meet"
Please book your room no later than
October 26, 2021!
~~~~~



**The Hotel Elegante Colorado Springs**  
**Information needed from Participating Schools**  
**Needed by October 26, 2021**  
\*  
Rooming Lists - First & Last Names, Room Type,  
Arrival and Departure Dates  
\*  
Credit Card / P-Card Authorization for payment of rooms. Card will not  
be charged until 2 days prior to arrival  
\*  
Tax Exemption Documentation (must be provided for tax exemption)  
\*  
Team Arrival Time to Hotel – We will be pre-keying team packets to simplify check in  
  
2886 S. Circle Drive, Colorado Springs, CO 80906.....719-576-0507



# DIRECTIONS TO NORRIS PENROSE EVENT CENTER

1045 Lower Gold Camp Road #3  
Colorado Springs, CO 80905

## **From the North:**

1. Travel I-25 south
2. Take exit 141 for US-24 W toward Cimarron St
3. Keep left at the fork
4. Turn left at W Cimarron St
5. Turn left at S 8th St
6. Turn right at Lower Gold Camp Rd (we will be on the left)

## **From the South:**

1. Travel I-25 north
2. Take exit 141 for US-24 W toward Cimarron St
3. Turn left at W Cimarron St
4. Turn left at S 8th St
5. Turn right at Lower Gold Camp Rd (we will be on the left)

