



2024 CHSAA
CROSS COUNTRY
BULLETIN








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TO: ATHLETIC DIRECTORS/COACHES OF SCHOOLS PARTICIPATING IN CROSS COUNTRY

FROM: JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER
AUDRA PETERSON CATHY, COORDINATOR OF SPORT

RE: 82nd ANNUAL CHSAA HIGH SCHOOL BOYS' CROSS COUNTRY SEASON
47th ANNUAL CHSAA HIGH SCHOOL GIRLS' CROSS COUNTRY SEASON

The Colorado High School Activities Association would like to welcome you to the 82nd/47th 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.

We look forward to serving as your cross-country commissioner/coordinator of sport for the 2024 season. The State Cross Country Meet will be held at Norris Penrose Event Center, Colorado Springs on November 2, 2024. I wish you and your student-athletes a rewarding season. Kevin Clark will serve as your committee chair until 2025. This year's committee meeting will be Tuesday, November 5 at 9:00 am. This meeting is scheduled for an online format via ZOOM.

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

Thank you again to Kris Roberts, Sean O'Day, the Cheyenne Mountain community and Norris Penrose Event Center for hosting a fabulous 2024 State Cross Country Meet.

Sincerely,

A handwritten signature in black ink, appearing to read "Jenn Roberts-Uhlig", is written over a white background.

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(303) 344-5050

jrobertsuhlig@chsaa.org

Audra Peterson Cathy
(303) 322-5050 ext.5

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COACHES

PLEASE CLICK HERE FOR INFORMATION ON STATE ENTRIES

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CHSAA MISSION STATEMENT

"Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.
- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.



SEASON CALENDAR

FIRST DAY OF PRACTICE.....	August 12
(Practices and meetings cannot be conducted on Sundays)	
FIRST SCRIMMAGE DATE	August 17
FIRST COMPETITION DATE	August 22
CROSS COUNTRY REGIONALS COMPLETED	October 26
STATE CROSS COUNTRY (ALL CLASSES).....	Saturday, November 2
SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS	
CROSS COUNTRY COMMITTEE MEETING.....	Tuesday, November 5
(9:00 am – virtual via ZOOM)	

CHSAA CROSS COUNTRY ADVISORY COMMITTEE

Kevin Clark (Chair)

Thompson School District (Multi) (2025)
kevin.clark@tsd.org

Dani Unrein

Windsor High School (4A) (2025)
danielle.unrein@weldre4.org

Ron Shepherd

Rocky Ford High School (2A) (2025)
ron.shepherd@rockyford.k12.co.us

Brady Archer

Mancos High School (2A) (2026)
barcher@mancosre6.edu

Matt Norton

The Classical Academy (3A) (2026)
mnorton@asd20.org

Diane Shuck-Gray

Douglas County High School (5A) (2025)
dhshuck@dcsdk12.org

Jeena Templeton

Castle View High School (5A) (2026)
Etempleton@dcsdk12.org

Chantelle Jordan

Pagosa Springs High School (3A) (2026)
cjordan@pagosa.k12.co.us

Ted Leblow

Central of Grand Junction (4A) (2027)
ted.leblow@d51schools.org

STATE RULES INTERPRETER

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

CHSAA COMMITTEE MEETING

Tuesday, November 5

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 at CHSAA or [Audra Peterson Cathy](#), CHSAA Coordinator of Sport so you can be placed on the agenda. Changes made at the meeting, pending the legislative council process, are in effect for the 2024 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 [Audra Peterson Cathy](#).

HOW TO GET RECOMMENDED FOR A COMMITTEE:

Contact your league president, athletic director or Legislative Council Representative in February for a recommendation. All recommendations are due by the end of the school year.

**MAJOR CHANGES
2024-2025**

- 1. **CLASSIFICATION OF SCHOOLS**
 - Constitution & Bylaws, Article 1500, Rule 1500.1, 1500.2
1500.24, 1500.25, 1500.26 & 1510page 40-45
- 2. **COACHES REQUIRED TO ATEND RULES MEETING**
 - Constitution & Bylaws, Article 16, Rule 1650.1page 50
- 3. **KEEP SPRING SEASON OF SPORT CONSISTENT**
 - Constitution & Bylaws, Article 28, Rule 2890..... page 119
- 4. **FOOTBALL SEASON OF SPORT**
 - Constitution & Bylaws, Article 34, Rule 3401.1page 124
- 5. **ICE HOCKEY SEASON OF SPORT**
 - Constitution & Bylaws, Article 37, Rule 3700.1 page 129
- 6. **T & PF PROCESS & STRUCTURE CHANGE**
 - CHSAA T & PF Committee Report
Please refer to CHSAANow.com, Legislative Council, January Committee Reports

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws as needed. The most updated document can be found at CHSAANOW.com.

NATIONAL FEDERATION RULES CHANGES



For information on the 2024-25 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 POLICY PRODECURE CHANGES

Major Changes

- A. Regional hosts must confirm with CHSAA prior to March 1st that they are able to host the regional meet. By April 1st the host must solidify the location with the CHSAA. If no location can be secured by the last Thursday of May, another host will be selected by CHSAA.

Informational Items

- A. The committee met November 7, 2023.
- B. State Cross Country will be held at the Norris Penrose/Bear Creek site for the next 4 years (2024 – 2028).

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 Monica Tillman in the CHSAA official's office at mtillman@chsaa.org.

THE AMERICANS WITH DISABILITY ACT

Please note: All rules and policies contained within this bulletin are subject to the ADA's requirement to provide reasonable modifications for a disabled student(s). A reasonable modification(s) shall provide a disabled student with equally effective access [to the activity] unless the provision of such reasonable modification would constitute a fundamental alteration of the essential elements of the activity involved. Please refer to CHSAA bylaw 500 for more detailed information.

MINI CHAMPIONSHIP TROPHIES

You can find the link for the Personal Trophy PDF [HERE](#)

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)

Regular Season Information

REGULAR SEASON TIMING

At regular season meets, in cross country, a competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish. 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.

ATHLETE 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:

- The front of the uniform top has the same predominant color and the same school name or logo.
- The back of the uniform top has the same predominant color and the same school name or logo.
- Uniform bottom has the same predominant color 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. (Side panels on the uniform top extend from under the arm to the bottom hem. Side panels on the uniform bottom extend from the side waistband to the bottom hem. Side panels wrapping to the front, or the back of the garment do not meet compliance unless all relay team members are wearing them.)

Sunglasses may be worn by competitors.

Hats 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).

Gloves may be worn by competitors.

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 and must not be made of abrasive, hard or unyielding materials and fit securely or be fastened to the body and/or uniform to remain in a fixed position.

START/CONCLUSION Rule 8-3-1

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.

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

- Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
- A way to cool athletes should be available. Best practice is to use a cooling tub.
- 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.
- Secure additional essential workers.
 - Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, etc.
- Secure a specified open area for media
- Officials pay for Cross Country [HERE](#)

OFFICIALS



Dear Coaches,

On behalf of the CTFOA, we would like to welcome you to the 2024 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 2024 Track & Field & Cross Country NFHS Rule Book will govern this upcoming season, as was the case for the Spring 2024 T&F Season.

We once again wish you a productive & successful 2024 season.

Gary Strubel, President
CTFOA

—

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.

GENERAL CHSAA INFORMATION

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.

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.....	Article 2400
SUMMER SCHOOL MAKE-UP	Article 1750.1
INTERNATIONAL STUDENT RULE	Article 1880
ORGANIZED TEAM PRACTICE	Article 2310.3
PHYSICAL EXAMINATION/PARENT CONSENT	Article 1780
MEDICAL RELEASE FOR INJURIES	Article 1780.2

[CHSAA Constitution and Bylaws](#)

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.”

REGIONAL QUALIFYING FORMAT

IMPORTANT DATES

October 24 – October 26	Regional Qualifying Meets (Regional list included)
Saturday, November 2	Boys' and Girls' State Cross Country Meet Norris Penrose Event Center – Colorado Springs.
Tuesday, November 5	Cross Country Committee Meeting (Virtual - ZOOM) – 9:00 am

*If you have suggestions, ideas, and/or concerns, regarding input, format, experience, etc. please contact [Kevin Clark](#), Cross Country Committee Chair, Thompson School District or [Jenn Roberts-Uhlig](#), Assistant Commissioner, CHSAA.

REGIONAL MEET CHECK LIST

- Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
- A way to cool athletes should be available. Best practice is to use a cooling tub.
- 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.
- Regional awards will be delivered to you by October 5th
- Officials pay for Cross Country [HERE](#)

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 from 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 comprised of non-coaches. All regional meets are **REQUIRED** to have 4 certified officials. **THE MEET DIRECTOR SHALL NOT SERVE AS A CERTIFIED OFFICIAL AT REGIONALS.**

The required certified officials include:

Starter and Assistant Starter: with the assistance of the referee will oversee the check-in of teams, uniform compliance, share special circumstances, procedures and information pertaining to the course or the meet prior to the start. These three officials will administer the start with one official at the starting line, one official at the 100m mark in case of a recall, and one official that will start the race. Once the

race has been started the referee will move to the finish line and the starter and assistant starter can begin to organize the next race.

Referee and Assistant Referee: shall make final decisions concerning situations and questions until all places have been determined and the results have been recorded and posted. While the referee is assisting with the start, the assistant referee should be at the finish line to coordinate with the timing system crew. Once the race has started the referee will move to the finish line. The referee and assistant referee will work together to record the bib numbers of all finishers in the order they cross the finish line. This will provide a backup of the finish order to assist the timing system operators with their system's order of finish. Video, such as an I-Pad can also be used to check finish order if needed but does not replace the recording of the bib numbers completed by the referee and the assistant referee.

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. A separate random draw will be done for each race, one for girls and one for boys.

Starting boxes should be 6ft in width. A minimum of 4.5 ft wide is acceptable. Box positions shall be numbered from left to right facing the running area per rule 8-1-4b

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.

IMAGE-BASED TIMING SYSTEM

An image-based timing system may be used in addition to or in place of a chip timing system. An image-based timing system uses line-scan technology such as Finish Lynx. A video camera or I-Pad is **NOT** an image-based system per NFHS rules and should not be used to determine the official order of finish. While video is helpful in locating a non-read chip or misread chip, it is the decision of the referee and assistant referee to determine where to place a disputed finisher by looking at all available backups, including the referee's recording order, video recording, and consulting with the timing system operator.

INSURANCE

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

QUALIFYING FORMAT AND REGIONAL ASSIGNMENT BY CLASS:

2024 2A Cross Country Regions

(Enrollment – 0-299)

Region 1 (17)	Region 2 (18)	Region 3 (18)	Region 4 (17)
Dawson School	Addenbrooke Classical Academy	Atlas Prep	Antonito
Fleming	Ascent Classical	CIVA Charter	Buena Vista
Forge Christian	Bishop Machebeuf	Colorado Springs Christian	Center
Front Range Baptist	Burlington	Colorado Springs School	Centennial
Heritage Christian	Byers	Cripple Creek Victor	Crested Butte Community
Highland*	Clear Creek	Crowley County	Custer County
Loveland Classical	Denver Academy*	Dolores Huerta	Del Norte*
Lyons	Denver Academy of Torah	Ellicott	Dolores
Merino	Denver Christian	Fountain Valley	Ignacio
Nederland	Front Range Christian	Hoehne	Lake City
Rocky Mountain Lutheran	Golden View Classical Academy	Kim/Branson	Mancos
Shining Mountain Waldorf	Liberty Tree	Las Animas	Moffat
Twin Peaks Charter	Limon	Monument Academy	Monte Vista
Two Roads Charter	Lotus School for Excellence	Pikes Peak Christian	Ouray
Victory Prep	Peyton	Rocky Ford*	Primero
Wiggins	Platte Canyon	Rye	Ridgway
Wray	Skyview Academy	Springfield	Sargent
Yuma	Stratton Liberty	St. Mary's (Colorado Springs)	Sierra Grande
	Vanguard Classical East	Swallows Charter	
		Thomas McLaren	
	Region 5 (13)		
	Caprock Academy	North Fork	
	Cedaredge	Olathe	
	Colorado Rocky Mountain School	Rangely	
	DeBeque	Soroco	
	Grand Valley	South Park	
	Lake County	West Grand*	
	Meeker		

2024 3A Cross Country Regions
(Enrollment – 300-636)

Region 1 (12)	Region 2 (13)	Region 3 (13)
Aspen	Alamosa	Aurora West College Prep
Basalt	Bayfield	Academy, The
Coal Ridge	Centauri	Arrupe Jesuit
Delta	Florence	DSST – Conservatory Green
Denver West	Gunnison	DSST – Green Valley Ranch
D’Evelyn	La Junta	DSST – Montview
DSST College View	Lamar*	Eagle Ridge Academy
Kennedy	Manitou Springs	Englewood
Lincoln	Montezuma-Cortez	Jefferson Academy
Middle Park*	Pagosa Springs	Peak to Peak
Moffat County	Salida	Pinnacle, The
Rocky Mountain Prep-SMART	Telluride	Prospect Ridge*
Sheridan	Woodland Park	Stargate
Region 4 (13)	Region 5 (13)	
Bennett	Banning Lewis	
Brush	Classical Academy, The	
Eaton	Colorado Academy	
Estes Park	DSST Byers (Cedar)	
Fort Lupton	Harrison	
Frontier Academy	James Irwin	
Liberty Common	Jefferson	
Northridge	Kent Denver*	
Platte Valley	Kipp Denver Collegiate	
Resurrection Christian*	Sierra	
Sterling	STEM Highlands Ranch	
Valley	St Mary’s Academy (G)	
Windsor Charter	Strasburg	
	Vanguard	

2024 4A Cross Country Regions
(Enrollment – 637-1314)

Region 1 (12)	Region 2 (14)	Region 3 (14)
Battle Mountain	Adams City	Arvada
Central-GJ	Alameda	Gateway
Conifer*	Aurora Central	George Washington
Eagle Valley	Discovery Canyon*	Hinkley
Evergreen	Elizabeth	Holy Family*
Glenwood Springs	Green Mountain	Longmont
Grand Junction*	Lewis-Palmer	Lutheran
Montrose	Littleton	Mead
Palisade	Mullen	Pomona
Rifle	Palmer Ridge	Regis Groff
Steamboat Springs	Ponderosa	Silver Creek
Summit	Stanley Lake	Skyline
	Thomas Jefferson	Skyview
	Wheat Ridge	Westminster
Region 4 (14)	Region 5 (14)	
Berthoud	Canon City	
Fort Morgan	Cheyenne Mountain	
Greeley Central	Coronado	
Greeley West*	Falcon	
Mountain View	Mesa Ridge	
Roosevelt	Mitchell	
Severance	Palmer	
Thompson Valley	Pueblo Centennial	
Thornton	Pueblo Central	
Timnath	Pueblo County	
University	Pueblo East	
Weld Central	Pueblo South*	
Wellington	Sand Creek	
Windsor	Widefield	

2024 5A Cross Country Regions
(Enrollment – 1315-up)

Region 1 (12)	Region 2 (12)	Region 3 (13)
Chaparral	Arapahoe	Arvada West
Cherry Creek	Bear Creek	Boulder
Cherokee Trail	Chatfield	Broomfield
Eaglecrest	Columbine	Centaurus
Grandview	Dakota Ridge	Denver South
Legend	Golden	Denver North
Northfield	Fruita Monument	Fairview
Overland	Heritage*	Legacy
Rangeview	Highlands Ranch	Monarch
Regis Jesuit*	Lakewood	Mountain Range
Smoky Hill	Mountain Vista	Northglenn
Vista Peak	ThunderRidge	Niwot*
		Ralston Valley
Region 4 (12)	Region 5 (13)	
Brighton	Air Academy	
Denver East	Castle View	
Erie	Doherty	
Fort Collins	Douglas County	
Fossil Ridge	Durango	
Frederick	Fountain-Fort Carson	
Horizon	Liberty	
Loveland	Pine Creek	
Montbello	Pueblo West	
Poudre*	Rampart*	
Prairie View	Rock Canyon	
Riverdale Ridge	Valor Christian	
Rocky Mountain	Vista Ridge	

Bold and * - 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.

Only * - Indicates the school hasn't committed to the CHSAA office as a regional site host and the location may change. Once the region has a **Bold and *** the region is confirmed.

2A Qualifying Procedure – Top 4 (four) 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.

3A, 4A, 5A 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.

BOYS' & GIRLS' CROSS COUNTRY REGIONALS SITES – 2A

CLASS 2A

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

REGION #1

Date: Thursday, October 24th @ 3:30pm
Site: Lyons Middle Senior High School
100 McConnell Drive Lyons, CO 80540
Director: [Colleen Ford](#)
Host School: Lyons Middle Senior HS

REGION #2

Date: Thursday, October 24th @ 3:30 pm
Site: Lyons Middle Senior High School
100 McConnell Drive Lyons, CO 80540
Director: [Colleen Ford](#) (Lyons Middle Senior HS)
Host School: Denver Academy

REGION #3

Date: Friday, October 25th @ 10:00am
Site: Rocky Ford High School
100 Washington Ave, Rocky Ford, CO 81067
Director: [Sean McNames](#)
Host School: Rocky Ford HS

REGION #4

Date: Friday, October 25th @ 9:00 am
Site: Rio Grande Golf Club
0285 Rio Grande Club Trail, South Fork, CO 81154
Director: [Gibbs Sanchez](#)
Host School: Del Norte High School

REGION #5

Date: Friday, October 25th @ 12:00 pm (*subject to change*)
Site: Confluence Park at Delta
Gunnison River Dr., Delta, CO 81416
Director: [Ryan Tripicchio](#)
Host School: West Grand HS

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

BOYS' & GIRLS' CROSS COUNTRY REGIONALS SITES – 3A

CLASS 3A

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

REGION #1

Date: Thursday, October 24th @ 3:00 pm
Site: Fraser Valley Sports Complex
220 County Rd 522, Fraser, CO 80442
Director: [Scotty Hicks](#)
Host School: Middle Park High School

REGION #2

Date: Thursday, October 24th @
Site: North Monument Valley Park
170 West Cache La Poudre, Colorado Springs, CO 80903
Director: [Chris Medina](#)
Host School: Lamar High School

REGION #3

Date: Thursday, October 24th @ 3:00 pm
Site: Broomfield County Commons
13200 Sheridan Boulevard, Broomfield, CO 80020
Director: [Ellie Kempfe](#)
Host School: Prospect Ridge Academy

REGION #4

Date: Thursday, October 24th @ 10:05 am (Girls) & 11:15 am (Boys)
Site: Johnstown Reservoir
3957 W South 1st St, Johnstown, CO 80534
Director: [Mark Roberts](#)
Host School: Resurrection Christian

REGION #5

Date: Thursday, October 24th @ 3:00 pm
Site: Kent Denver School
4000 E Quincy Ave., Cherry Hills Village 80113
Director: [Richard Judd](#)
Host School: Kent Denver School

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

BOYS' & GIRLS' CROSS COUNTRY REGIONALS SITES – 4A

CLASS 4A

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

REGION #1

Date: Friday, October 25th @ 12:00 pm
Site: North Area Athletic Complex (NAAC)
19500 W. 64th Parkway, Arvada
Director: [Brad Horner](#)
Host School: Conifer High School

REGION #2

Date: Thursday, October 24th @ 2:00 pm
Site: North Monument Valley Park
170 West Cache La Poudre, Colorado Springs, CO 80903
Director: [Andy Parks](#) (Rampart High School)
Host School: Discovery Canyon High School

REGION #3

Date: Thursday, October 24th @
Site: Broomfield County Commons
13200 Sheridan Boulevard, Broomfield, CO 80020
Director: [Ben Peterson](#)
Host School: Holy Family High School

REGION #4

Date: Thursday, October 24th @ 9:30 am (Boys) & 10:40 am (Girls)
Site: Johnstown Reservoir
3957 W South 1st St, Johnstown, CO 80534
Director: [Mark Roberts](#) (Resurrection Christian School)
Host School: Greeley West High School

REGION #5

Date: Thursday, October 24th @ 3:00 pm
Site: Elmwood Golf Course
3900 Thatcher Ave, Pueblo, CO 81005
Director: [Chris James](#) or [Aaron Bravo](#)
Host School: Pueblo South High School

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

BOYS' & GIRLS' CROSS COUNTRY REGIONALS SITES – 5A

CLASS 5A

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

REGION #1

Date: Thursday, October 24 @ 10:30 am
Site: deKoevend Park
6631 S University Blvd, Centennial, CO 80121
Director: [Ryan West](#)
Host School: Regis Jesuit High School

REGION #2

Date: Thursday, October 24th @ 12:00 pm
Site: deKoevend Park
6301 S University Blvd, Centennial, CO 80121
Director: [Brad Folk](#)
Host School: Heritage High School

REGION #3

Date: Thursday, October 24th @
Site: Broomfield County Commons
13200 Sheridan Boulevard, Broomfield, CO 80020
Director: [Joe Brown](#)
Host School: Niwot High School

REGION #4

Date: Thursday, October 24th @ 2:00 pm
Site: Spring Canyon Park
3156 S Overland Trail, Fort Collins, CO 80526
Director: [Kevin Faw](#)
Host School: Poudre High School

REGION #5

Date: Thursday, October 24th @ 2:30 pm
Site: North Monument Valley Park
170 West Cache La Poudre, Colorado Springs, CO 80903
Director: [Andy Parks](#)
Host School: Rampart High School

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

CROSS COUNTRY STATE CHAMPIONSHIP INFORMATION

STATE MEET INFORMATION **(82nd Annual Boys – 47th Annual Girls)**

DATE

Saturday, November 2

SITE

Norris Penrose Event Center, Colorado Springs

HOST

CHSAA, Cheyenne Mountain High School, Runner's Roost

MEET DIRECTOR

Jenn Roberts-Uhlig, Assistant Commissioner, CHSAA
Audra Peterson Cathy, Coordinator of Sport, CHSAA

SITE DIRECTOR

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

COURSE DIRECTOR

Gary Staines, Special Events Runner's Roost

TIME SCHEDULE

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

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 places 1-10 will be presented after each race and all team awards will be presented following the last race of their classification.

Per bylaw 1710.2 – Student-athletes, as a representative of a member school, when receiving CHSAA individual awards or team trophies during post-season events, including championships must wear school issued and/or school approved apparel.

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 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.

Sunglasses may be worn by competitors.

Hats 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).

Gloves may be worn by competitors.

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 and must not be made of abrasive, hard or unyielding materials and fit securely or be fastened to the body and/or uniform 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 3:30 pm and conclude by 5:30 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 (10/28). 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 10/31 @ 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

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: \$20

All Buses (All student transport vehicles – Short Bus, Suburban, School Bus) & 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, November 2, at the meet headquarters. You can pick up packets for all classifications.

COACH CREDENTIALS

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

START/CONCLUSION Rule 8-3-1

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.

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.

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 your race coordinator by **Saturday, October 9**. 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 bib chip 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, November 1 at Norris Penrose during walk through on Friday. 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.

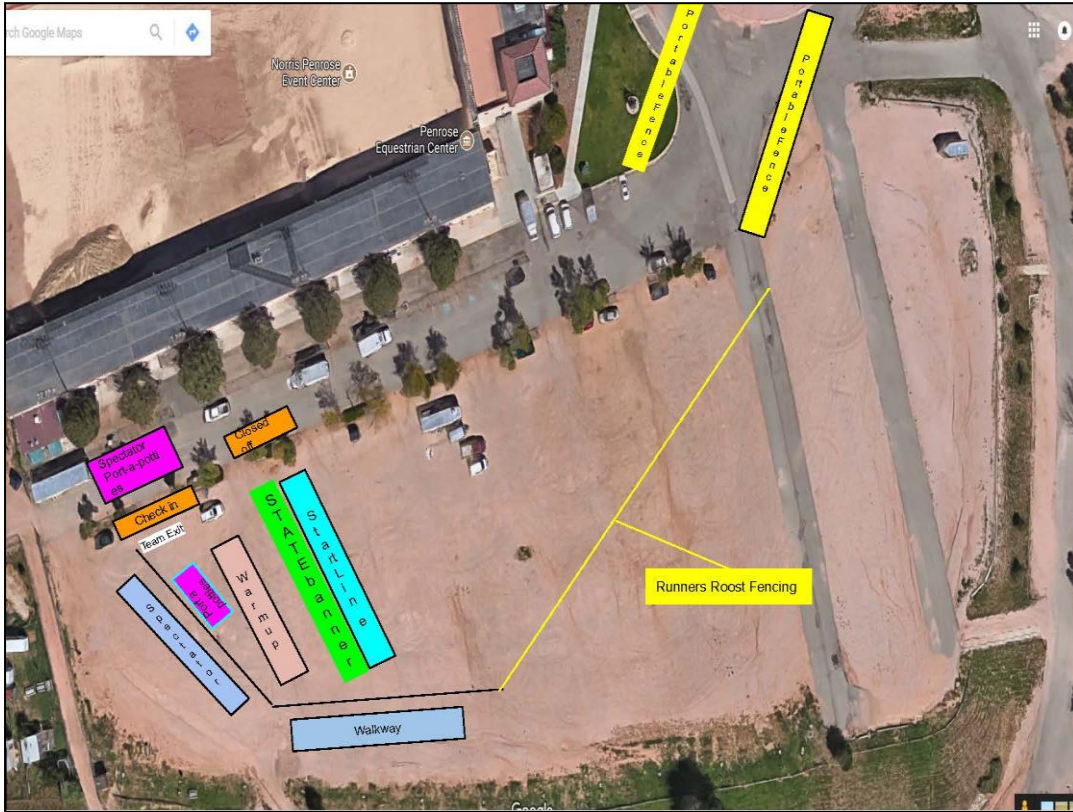
RETURNING FOR THEIR RACE

- 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.

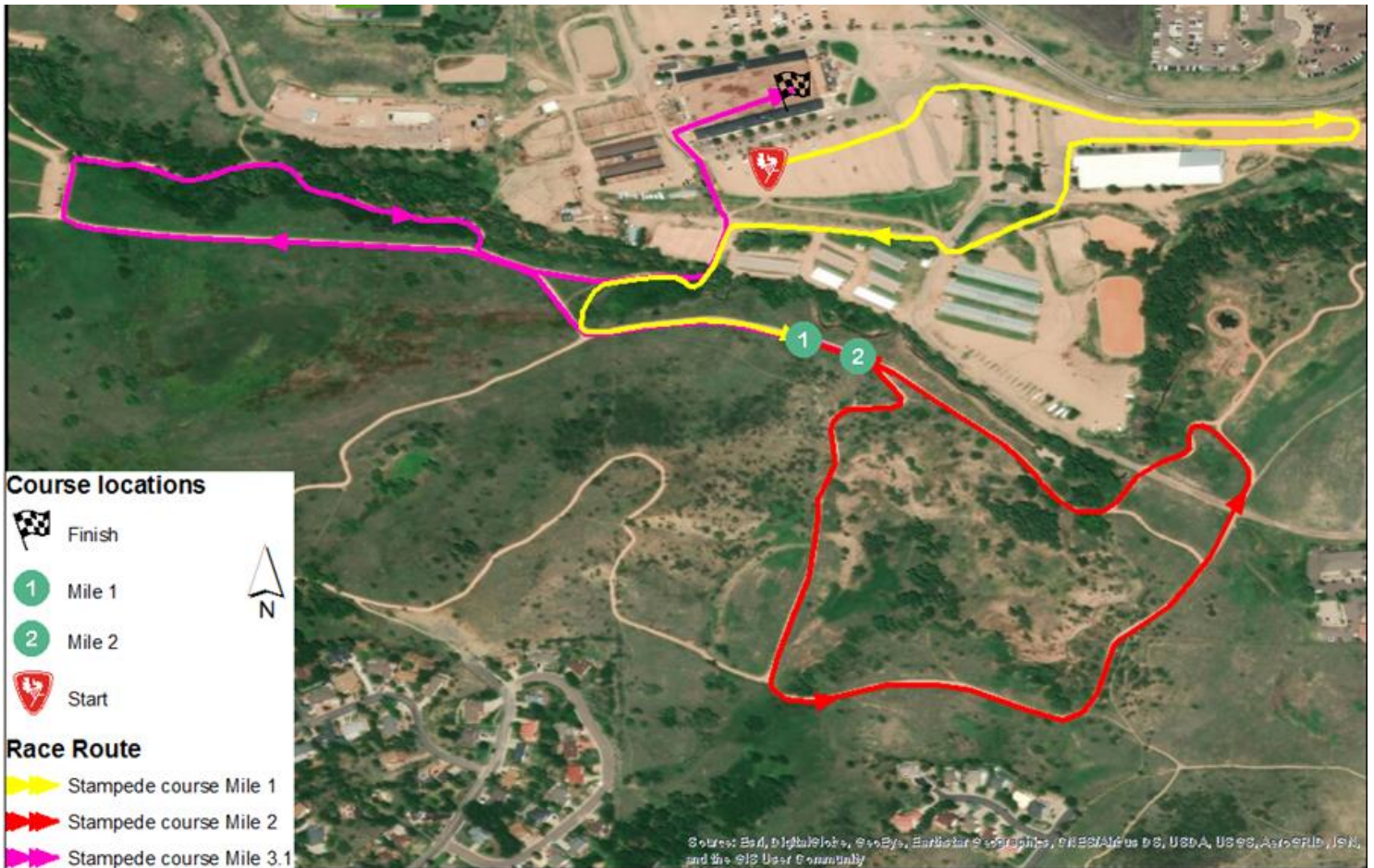
NOTE TO COACHES

- 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.

MAP OF NORRIS PENROSE EVENT CENTER

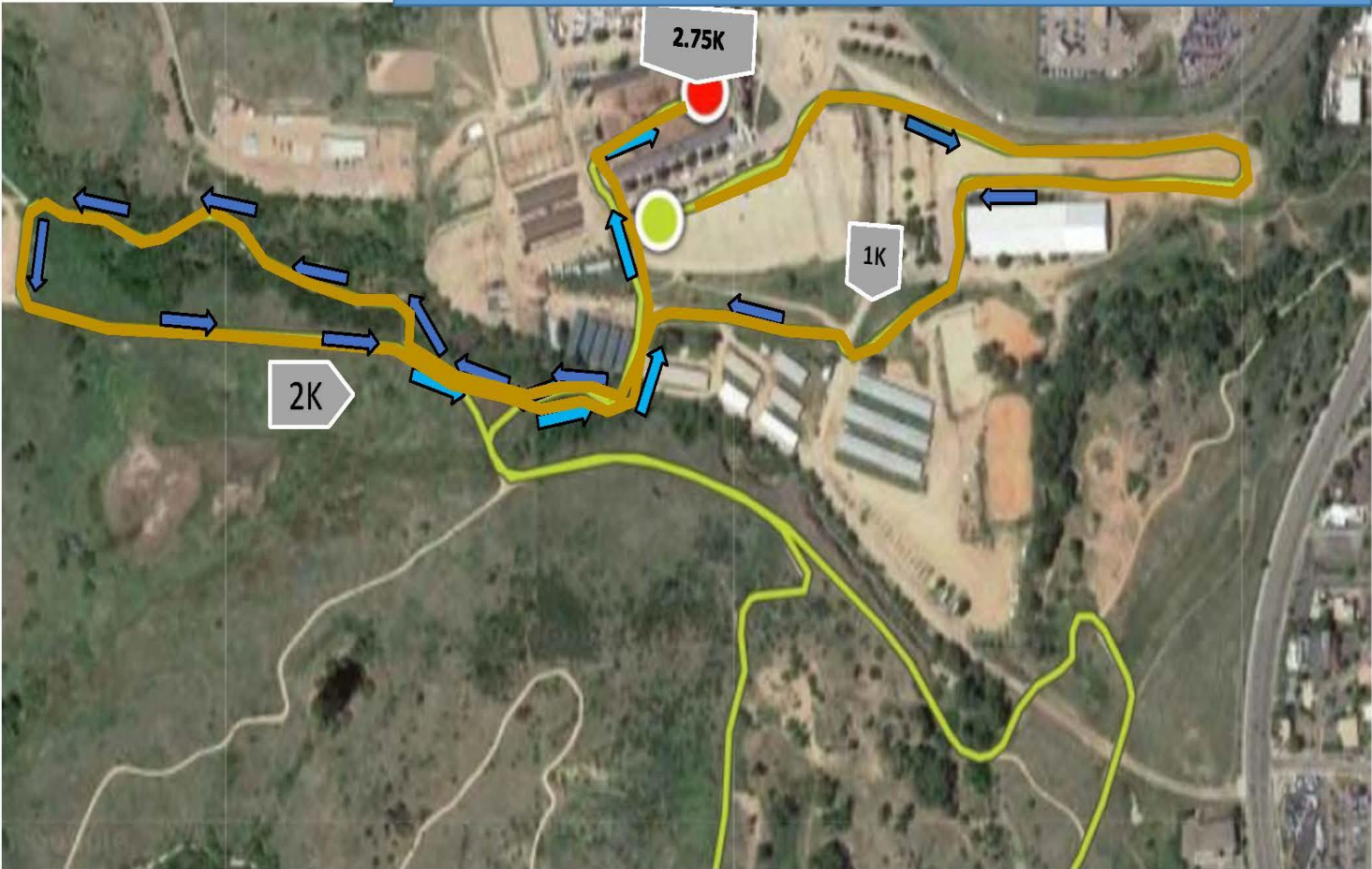


COURSE MAP OF NORRIS PENROSE EVENT CENTER



Paralympic / Unified Cross Country Course

Distance estimated to be approximately 2.75K (about 1.7 miles)



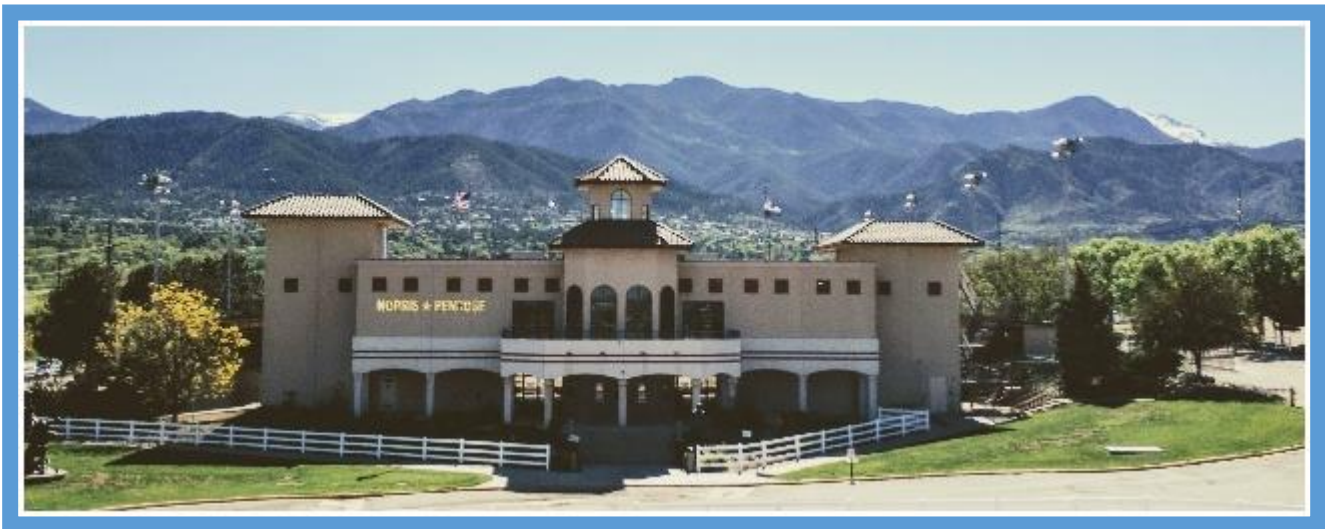
**DIRECTIONS TO NORRIS PENROSE EVENT CENTER
1045 Lower Gold Camp Road #3
Colorado Springs, CO 80905**

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)



HOST HOTELS

[Book your group rate for CHSAA State Cross Country Championships](#)

Courtyard Colorado Springs South

2570 Tenderfoot Hill Street Colorado Springs, Colorado 80906



Fairfield Inn & Suites Colorado Springs South

2725 Geyser Drive Colorado Springs, Colorado 80906



Additional Hotel Information:



SPECIAL GROUP RATE OF \$119 FOR CHSAA CROSS COUNTRY October 31-November 4

Call the hotel direct at **719-424-4300** and ask for the CHSAA group rate or use the booking link below:

[Holiday Inn Express-CHSAA](#)

Holiday Inn Express & Suites Central

105 N. Spruce St. Colorado Springs, Co 80905

Phone: 719.424.4300

Benefits & Amenities

- **Newly Renovated guest rooms**
- **High speed internet via Wi-Fi or Ethernet**
- **24 Hr. Fitness Room**
- **24Hr. Indoor pool and Hot tub**
- **Complimentary Shuttle service to/from the downtown area**
- **Free Parking**
- **Board Rooms Available**
- **Complimentary Full Buffet Breakfast**
- **Just 2 miles from Penrose Field**

We look forward to welcoming your teams.

Sincerely,

[Richard Wall, Regional Sales Manager](#)

Phone: 719.424.4330 Email: RichardWall@jfphotels.com