

# CHSAA™



## CROSS COUNTRY

### 2025 Regional Bulletin

#### IMPORTANT CONTACTS:

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# CHSAA

COLORADO HIGH SCHOOL  
ACTIVITIES ASSOCIATION

2025

TO: CROSS COUNTRY REGIONAL DIRECTORS

RE: CROSS COUNTRY REGIONAL QUALIFYING MEETS

I want to thank you for your work to host your Regional State Qualifying Cross Country Meet. I appreciate the time and effort that you put forth to make sure the quality of the meet is above standard.

Enclosed is the 2025 Cross Country Regional Handbook.

Please note that this year ALL regionals must have 4 officials. If you need help assigning certified officials, contact CHSAA prior to your regional.

## **IMPORTANT STATE CHAMPIONSHIP REMINDERS**

Please Review This Information with coaches

- All site directors need to submit final results through the links that were provided via email to all regional directors
  - The forms can also be located by clicking [HERE](#).
- CHSAA will have final entries to review the afternoon of Monday, October 27th.

Sincerely,



Jenn Roberts-Uhlig  
Assistant Commissioner



## REGIONAL DIRECTOR CHECKLIST

- Initial planning of the event (confirm timing, scorers, starters, workers, facilities/course)
- Must have an athletic trainer, AED available, and Venue Emergency Action Plan laid out and practiced. (Inform coaches on the location of medical area and the VEAP)
  - A way to cool athletes should be available. Best practice is to use a cooling tub.
- Communication to Athletic Directors and/or Coaches on site location, time schedule, and additional procedures pertaining to the event.
- Host schools can charge those in their region to offset the cost of venue and officials. They cannot charge entry fees to profit.
- Follow all NFHS course markings and measurement and bulletin requirements.
- 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](#). Officials pay for Cross Country can be found [HERE](#).
- Secure additional essential workers.
  - Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, Games Committee for appeals, Medical personnel 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.
- Secure and have accessible restroom facilities (ex. Porta potty, etc)
- Regional Directors must run a coaches meeting at the start of each regional and must review all CHSAA expectations and requirements for preparing for the state meet. This meeting can be done virtual prior to the meet.
- Distribution of plaques and medals to athletes.
- Should pre-inspect facilities and course to ensure safety for athletes, coaches, and spectators.
- Forward all necessary information to the CHSAA office by the specified deadlines.
- Inform CHSAA Liaison of any disqualification or problems that occur during or after the meet. (All calls are final at the completion of the meet.)

Have a great time and know that your administration of this event is greatly appreciated. Please contact [Jenn Roberts-Uhlig](#) or [Audra Peterson Cathy](#) at CHSAA with any questions or concerns.

# REGIONAL MEET INFORMATION

## DISTANCE

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

## 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.

## 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

## 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.

## LIST OF SCHOOLS IN YOUR REGIONAL

The schools in your region can be found by referencing the , "Qualifying Format and Regional Assignment by Class" in the CHSAA Cross Country found in the [2025 Cross Country Bulletin](#). If a school that is not listed in your regional enters your regional, instruct them that they will need clearance from the CHSAA before they are able to compete. Directors can E-mail [Jenn Roberts-Uhlig](#) or [Audra Peterson Cathy](#).

If you do not receive an entry from a school on your list, make certain to call them.

## ENTRY FEES

You may charge an entry fee to your participating schools, but these fees must only be utilized to cover the costs associated with the running of this regional event. Entry fees cannot be utilized to make profit. They may not be set at a level that exceeds the costs associated with the event.

## **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.**

## **AWARDS**

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. These will be sent directly to host school at the ATTN of the athletic

## **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.

## **OFFICIALS FEES**

The fee for a certified cross country event official can be found [HERE](#). You can find the list of certified cross-country officials by going [HERE](#). For assistance in securing officials, please contact [Gary Strubel](#).

Once secured, please send the names of your 4 officials to [Audra Peterson Cathy](#).

## **CERTIFICATE OF INSURANCE**

All regional meets taking place at non-school sites will need a certificate of insurance. Our office will be requesting those COI's and they will be sent to you when we receive them. The contact person listed on the COI will be the regional director that was indicated on your site letter and that is listed in the bulletin. If you would prefer a different contact person, please contact [Jenn](#) or [Audra](#).

## **MILESPLIT**

All regional meets have been setup in MileSplit. These meets are setup by MileSplit based on what was submitted to the CHSAA office. While information is updated by MileSplit to reflect this year's regional information, we encourage you to review your regional meet and ensure all the information is correct, including event start times and venues. Also, please ensure that your timer has access to the meet to upload results. If your timer does not have access, please reach out to [registration@milesplit.com](mailto:registration@milesplit.com). It is critical that you ensure your meet in MileSplit is setup correctly, as the results that are uploaded to MileSplit will automatically enter teams and athletes into the state meet.

To access the MileSplit site, please [click here](#).

## **REGIONAL RESULTS**

The final results sheet must be in our office by Friday, October 24 at 9:00 pm. The links to submit final results will be attached to the email to all regional directors. Please make sure that CHSAA has the name and email address of the person submitting results if that is different from regional director to receive access to the result submission links.

**REGIONAL RESULTS MUST ALSO BE UPLOADED TO MILESPLIT BY FRIDAY, OCTOBER 24 AT 9:00 PM.**

### **Results Submission & State Qualifying Team Entry Timeline**

- If all regionals are held on Thursday & Friday:
  - Meet directors must submit results by Friday, 9:00 PM to CHSAA office and MileSplit.
  - Coaching entry system is open from Saturday, 9:00 AM to Sunday, 9:00 AM to remove/change any team entries.
- If a Regional Meet Is Held on Saturday:
  - Meet directors must submit results by Saturday, 9:00 PM.
  - Coaching entry system is open from Sunday, 9:00 AM to Monday, 9:00 A to remove/change any team entries.

## **COACHING AT CHAMPIONSHIPS**

Coaches may instruct from unrestricted areas. Restricted areas include the racecourse, the warm-up area, and in the start and finish areas. Coaches may be around the perimeter of the start and finish areas at regionals if allowed. Please inform your regional schools if this will be allowed prior to the start of your meet. Officials and the games committee may designate other areas for restriction.

## **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.

## **DISQUALIFICATION (Rule 9 – Section 7)**

**ART. 1 . . .** A competitor who false starts. (See 5-7-4)

**ART. 2 . . .** A competitor who interferes with another competitor. (See 4-6-3 through 5)

**ART. 3 . . .** A competitor who is unsporting or uses unacceptable conduct. (See 4-6-1, 2)

**ART. 4 . . .** A competitor receives any assistance from any other person. (See 4-6-5)

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

**ART. 5 . . .** A competitor who fails to complete the prescribed course that is defined by a legal marking system.

**PENALTY:** (Arts. 1-5) Disqualification from the event.

## **SUSPENSION (Rule 3 – Section 2)**

**ART. 5 . . .** A meet may be suspended by the games committee, in collaboration with the referee, due to an emergency such as hazardous weather conditions or power failure.

# 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 23<sup>rd</sup> @ 4:00 pm  
**Site:** Lyons Middle Senior High School  
100 McConnell Drive Lyons, CO 80540  
**Director:** [Colleen Ford](#) (Lyons Middle Senior High School)  
**Host School:** Loveland Classical School

### REGION #2

**Date:** Thursday, October 23<sup>rd</sup> @ 12:00 pm  
**Site:** Monument Valley Park  
170 W Cache La Poudre St. Colorado Springs, CO 81501  
**Director:** [Derek Gilmore](#)  
**Host School:** Golden View Classical Academy

### REGION #3

**Date:** Friday, October 24<sup>th</sup> @ 11:00am  
**Site:** Hollydot Golf Course  
55 North Parkway Dr., Colorado City, CO 81019  
**Director:** [Matt Addington](#)  
**Host School:** Rye High School

### REGION #4

**Date:** Friday, October 24<sup>th</sup> @ 10:00 am  
**Site:** Jack-a-Lope Acres  
7195 Co Road 318, Ignacio, CO 81137  
**Director:** [Ken Gillin](#) or [Jennifer Moore](#)  
**Host School:** Ignacio High School

### REGION #5

**Date:** Thursday, October 23<sup>rd</sup> @ 11:00 am  
**Site:** Confluence Park  
Gunnison River Dr.  
Delta, CO 81416  
**Director:** [Joe Sheader](#)  
**Host School:** Caprock Academy

(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:** Friday, October 24<sup>th</sup> @ 1:00 pm  
**Site:** Loudy Simpson Park  
900 Finley Lane, Craig CO 81625  
**Director:** [Dillon Hoselton](#)  
**Host School:** Moffat County High School

### REGION #2

**Date:** Thursday, October 23<sup>rd</sup> @ 1:30 pm  
**Site:** Monument Valley Park  
170 West Cache La Poudre, Colorado Springs, CO 80903  
**Director:** [Brandon DeMatto](#)  
**Host School:** Manitou Springs High School

### REGION #3

**Date:** Thursday, October 23<sup>rd</sup> @ 4:00 pm  
**Site:** Lyons Middle Senior High School  
100 McConnell Drive, Lyons, CO 80540  
**Director:** [Colleen Ford](#) (Lyons Middle Senior High School)  
**Host School:** Stargate School

### REGION #4

**Date:** Thursday, October 23<sup>rd</sup> @ 9:30 am  
**Site:** Monfort Park  
4800 W 24<sup>th</sup> St. Greeley, CO 80634  
**Director:** [Jeff Marcus](#)  
**Host School:** Valley High School

### REGION #5

**Date:** Thursday, October 23<sup>rd</sup> @  
**Site:** Monument Valley Park  
170 West Cache La Poudre, Colorado Springs, CO 80903  
**Director:** [Mark Bender](#)  
**Host School:** KIPP Denver Collegiate

(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:** Thursday, October 23<sup>rd</sup> @ 4:15 pm  
**Site:** Siena Valley Club  
1000 Brightwater Club Drive, Gypsum, CO 81637  
**Director:** [Melinda Brandt](#)  
**Host School:** Eagle Valley High School

### REGION #2

**Date:** Friday, October 24<sup>th</sup> @ 10:00 am  
**Site:** North Area Athletic Complex (NAAC)  
19500 W 64<sup>th</sup> Pkwy, Arvada, CO 80403  
**Director:** [Chad Belveal](#)  
**Host School:** Green Mountain High School

### REGION #3

**Date:** Thursday, October 23<sup>rd</sup> @ 4:00 pm  
**Site:** Lyons Middle High School  
100 McConnell Drive, Lyons, CO 80540  
**Director:** [Colleen Ford](#) (Lyons Middle Senior High School)  
**Host School:** Longmont High School

### REGION #4

**Date:** Thursday, October 23<sup>rd</sup> @ 9:30 am  
**Site:** Monfort Park  
2122 50<sup>th</sup> Ave., Greeley, CO 80634  
**Director:** [Jeff Marcus](#)  
**Host School:** Mountain View High School

### REGION #5

**Date:** Thursday, October 23<sup>rd</sup> @ 9:00 am  
**Site:** Monument Valley Park  
170 W Cache La Poudre St., Colorado Springs, CO 80903  
**Director:** [Mario Romero](#)  
**Host School:** Sand Creek 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 23<sup>rd</sup> @ 2:00 pm  
**Site:** Aurora Sports Park  
19300 E Colfax Ave. Aurora, CO 80011  
**Director:** [Dave Benedict](#)  
**Host School:** Smoky Hill High School

### REGION #2

**Date:** Thursday, October 23<sup>rd</sup> @ 10:00 am  
**Site:** deKoevend Park  
6301 S University Blvd, Centennial, CO 80121  
**Director:** [Jeff Bliven](#)  
**Host School:** Highlands Ranch High School

### REGION #3

**Date:** Friday, October 24<sup>th</sup> @ 8:50 am  
**Site:** North Area Athletic Complex (NAAC)  
19500 W 64<sup>th</sup> Pkwy, Arvada, CO 80403  
**Director:** [Mark Ackerman](#)  
**Host School:** Ralston Valley High School

### REGION #4

**Date:** Thursday, October 23<sup>rd</sup> @ 2:00 pm  
**Site:** Monfort Park  
2122 50<sup>th</sup> Ave. Greeley, CO 80634  
**Director:** [Johanna Brown](#)  
**Host School:** Prairie View High School

### REGION #5

**Date:** Thursday, October 23<sup>rd</sup> @ 10:00 am  
**Site:** deKoevend Park  
6301 S University Blvd, Centennial, CO 80121  
**Director:** [Dan Davies](#)  
**Host School:** Rock Canyon High School

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

# 2025 CROSS COUNTRY REGIONAL ADDITIONAL INFORMATION



For specific information on each individual regional, please see the “Boys’ & Girls’ Cross Country Regionals” in the “Regional Information” section of the [2025 Cross Country Bulletin](#).

# **DAY OF REGIONAL DIRECTORS CHECKLIST**

- \_\_\_\_\_ Make copies of the following pages for all regional coaches. Distribute to head coaches.**
- \_\_\_\_\_ Final results need to be submitted by 9:00 pm Friday, October 24 through CHSAA link and MileSplit.**
- \_\_\_\_\_ You are not responsible for team entries to state.**

**In the event of inclement weather, you will run your event on the next available day. Running your event on Sunday must be approved by the CHSAA office. Please reach out to Jenn Roberts-Uhlig regarding this matter.**

**Important numbers to remember:**

**Jenn's cell phone – (720) 581-8104**

**Jenn's email – [jrobertsuhlig@chsaa.org](mailto:jrobertsuhlig@chsaa.org)**

**Audra's email – [apetersoncathy@chsaa.org](mailto:apetersoncathy@chsaa.org)**

**Audra's office line – (720) 235-5119**

# CROSS COUNTRY STATE CHAMPIONSHIP INFORMATION

## **STATE MEET INFORMATION** **(83rd Annual Boys – 48th Annual Girls)**

### **DATE**

Saturday, November 1

### **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  | 5A Boys  |
| 9:40  | 2A Girls |
| 10:20 | 5A Girls |
| 11:00 | 2A Boys  |
| 11:40 | Unified  |
| 12:20 | 4A Girls |
| 1:00  | 3A Boys  |
| 1:40  | 4A Boys  |
| 2:20  | 3A 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](mailto: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](mailto: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 1, 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 12. 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.

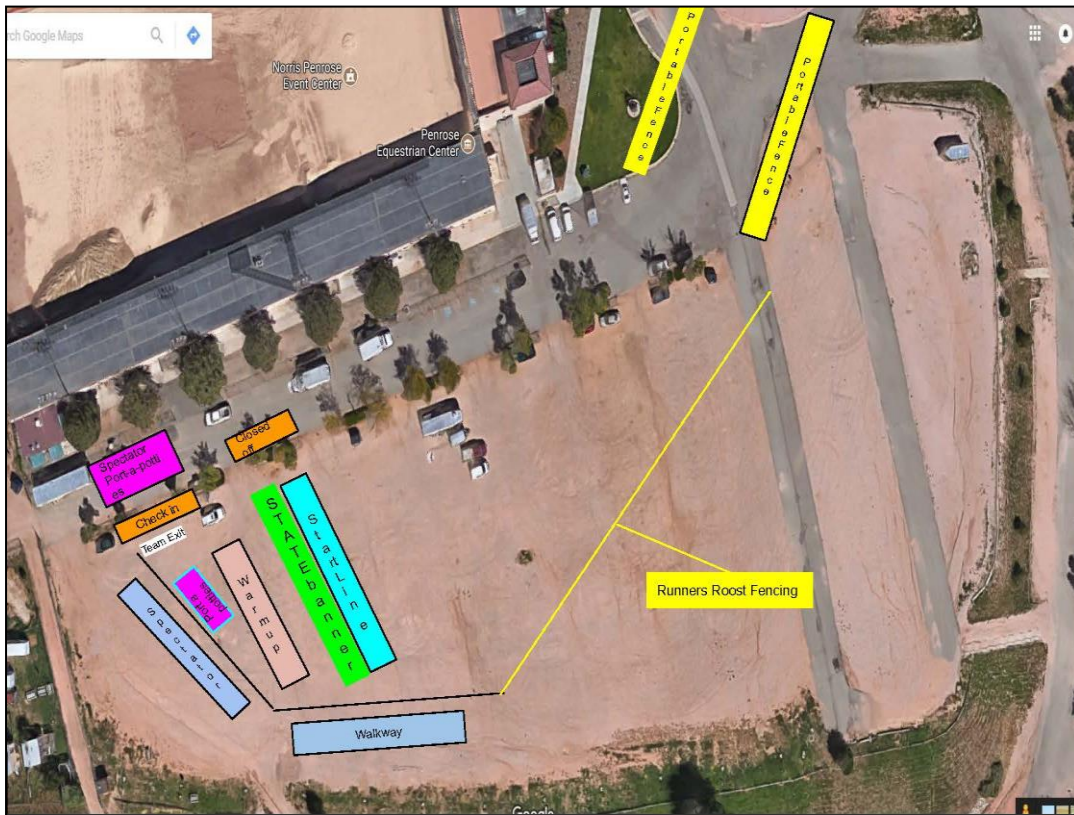
## RETURNING FOR THEIR RACE

- 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.

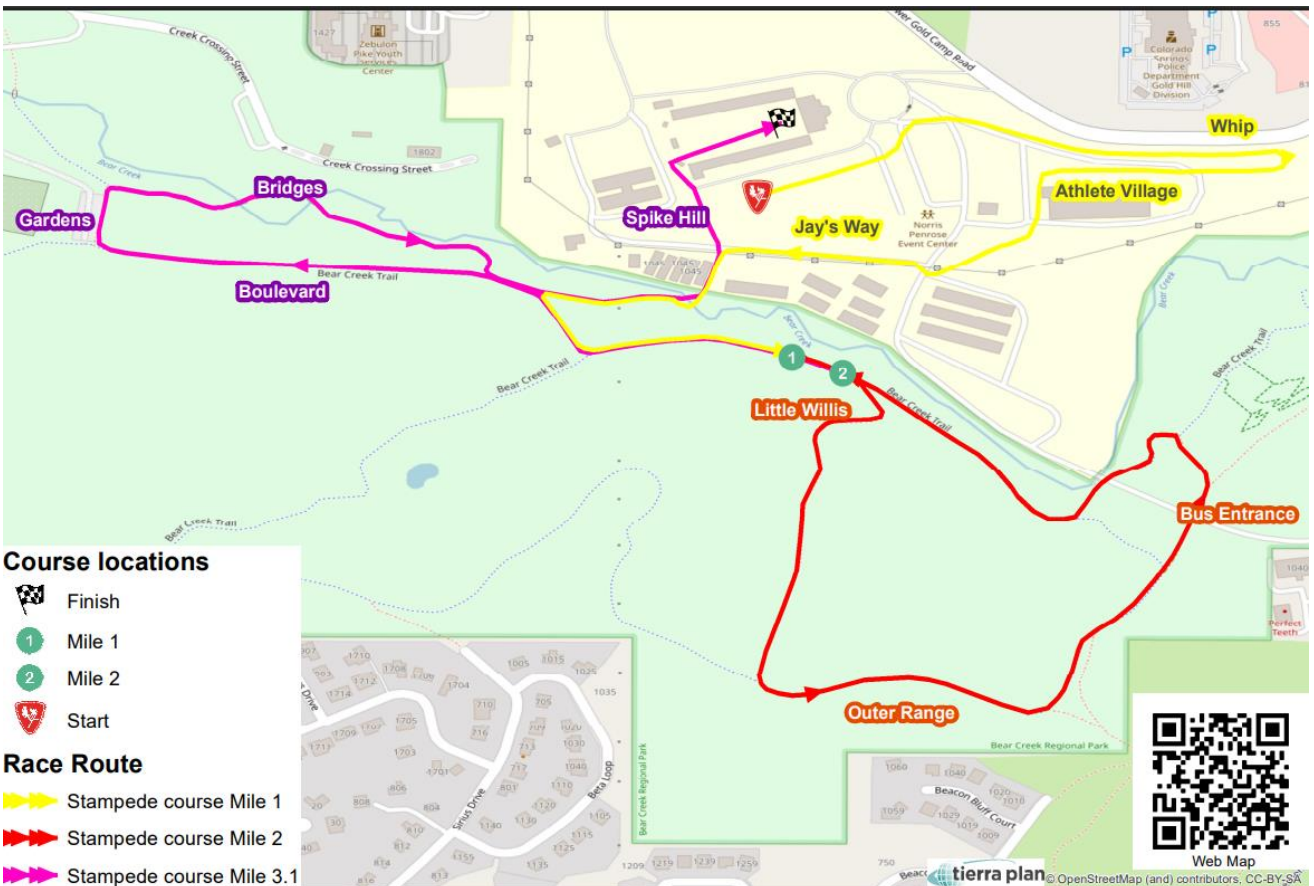
## NOTE TO COACHES

- 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.

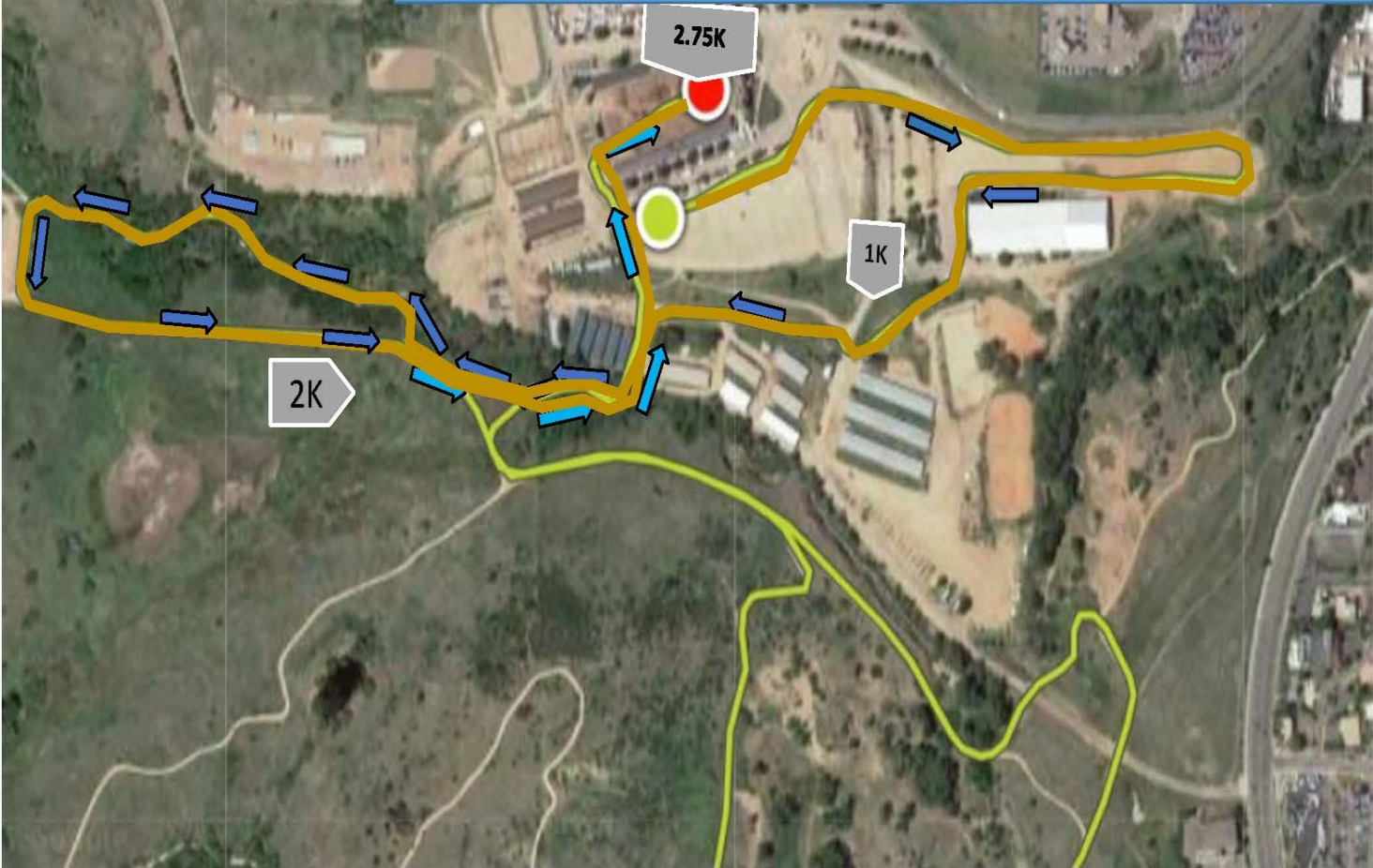
# MAP OF NORRIS PENROSE EVENT CENTER



# COURSE MAP OF NORRIS PENROSE EVENT CENTER



Paralympic / Unified Cross Country Course  
\*Distance estimated to be approximately 2.75K (about 1.7 miles)\*



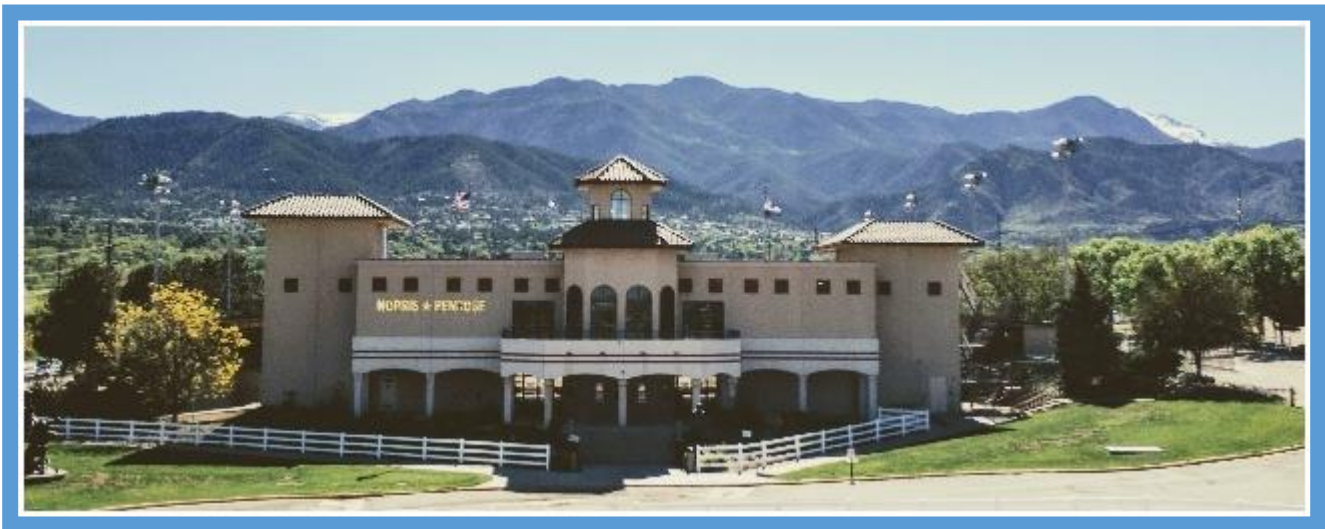
**DIRECTIONS TO NORRIS PENROSE EVENT CENTER**  
**1045 Lower Gold Camp Road #3**  
**Colorado Springs, CO 80905**

**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

