

2017 Cross Country Bulletin



CHSAA CONTACT: Jenn Roberts-Uhlig, 303-344-5050 – jrobertsuhlig@chsa.org
CHSAA CROSS COUNTRY INFORMATION: www.chsaanow.com



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: 75th ANNUAL CHSAA HIGH SCHOOL BOYS' CROSS COUNTRY SEASON
40th ANNUAL CHSAA HIGH SCHOOL GIRLS' CROSS COUNTRY SEASON

The Colorado High School Activities Association would like to welcome you to the 75th/40th fall season of the interscholastic boys and girls cross country season.

We look forward to an exciting new season! The attached bulletin contains the 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. For general information regarding eligibility, transfers, Sunday contact, sports medicine, etc., please go to the General Guidelines and Sports Medicine Bulletin on CHSAAnow.com. While bulletins are a resource tool they do not take the place of the By-laws and Constitution.

I look forward to serving as your cross-country commissioner for the 2017 season. The State Cross Country Meet will be held at Norris Penrose Event Center, Colorado Springs on October 28, 2017. I wish you and your student-athletes a rewarding season. Rick Macias, District Athletic Director at Pueblo City Schools – District #60 will chair the committee until 2020. The meeting will be November 13, 2017 at 9:00 am at the CHSAA office.

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 2016 State Cross Country Meet.

COACHES

YOU WILL BE RESPONSIBLE FOR SUBMITTING YOUR REGIONAL ENTRIES IN CHAMPION CHIP BY OCTOBER 21 BY 10:00pm

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2017 CHSAA CROSS COUNTRY ADVISORY COMMITTEE

Rick Macias (Chair)

Pueblo School District #60 (4A) (2020-2)
Richard.macias@pueblocitieschools.us

TJ Blackhurst

Rye High School (2A) (2018)
tblackhurst@district70.org

Mario Garcia

Wiggins High School (2A) (2018)
garciam@wiggins50.k12.co.us

Kim McConnell

Peak to Peak High School (3A) 2020
Kim_mcconnell@hotmail.com

Brian Simpson

Montrose High School (4A) 2020
Christopher.simpson@mcsd.org

Jon Dalby

Mountain Vista High School (5A) 2020
Jonathan.dalby@dcsdk12.org

Micah Porter

Northfield High School (4A) (2018)
micah.allen.porter@gmail.com

Lisa Ratterree

Pikes Peak Christian High School (1A) (2018)
lratterree@gmail.com

Brett Shanklin

Frontier Academy (3A) (2019)
shanklinb@frontieracademy.net

Brady Archer

Mancos High School (2A) (2020)
barcher@mancosre6.edu

Thank you to Stan Lambros (Cheyenne Mountain), Rick Logan (Thompson Valley Schools), Tami Payne (Eagle Valley), and Larry Zaragoza (Alamosa) who served on the Cross Country Advisory Committee for the past 3 years. Thank you for your dedication and commitment to the student athletes in the state of Colorado.

Welcome to the following new members: Kim McConnell (Peak to Peak), Brian Simpson (Montrose), Jon Dalby (Mountain Vista), and Brady Archer (Mancos).

STATE RULES INTERPRETER

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

ASSISTANT STATE RULES INTERPRETER

Jim Gjerde, CTFOA Rules Interpreter (jgjerde@comcast.net)

2017 CHSAA COMMITTEE MEETING:

Monday, November 13, 2017 – 9:00 a.m. CHSAA Office. This is an open meeting. All coaches and AD's are welcome to attend. If you plan on bringing a proposal or a topic for discussion, please contact Jenn Roberts-Uhlig, Assistant Commissioner (jrobertsuhlig@chsaa.org) at CHSAA or Rick Macias, CHSAA Committee Chairperson (Richard.macias@pueblocitieschools.us) so you can be placed on the agenda. Changes made at the meeting are in effect for the 2017 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. You must go to [chsaa.org/chsaa.org/sports & activities/cross country/CHSAA Committee Proposal Form](http://chsaa.org/chsaa.org/sports&activities/crosscountry/CHSAACommitteeProposalForm). Please email this form back to kmcomber@chsaa.org

HOW TO GET RECOMMENDED FOR A COMMITTEE:

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

2017 SEASON CALENDAR

FIRST DAY OF PRACTICE Monday, August 14, 2017
(Practices and meetings cannot be conducted on Sundays)

FIRST SCRIMMAGE DATE Saturday, August 19, 2017
(Two interscholastic scrimmage dates are permitted each school year. However, teams involved in district, regional or state competition shall be permitted one additional scrimmage to occur between the end of the regular season and the beginning of the state championships.)

FIRST CONTEST Thursday, August 24, 2017
(Schools may schedule and conduct their first interscholastic contest on this date)

ACT-TEST-DATE Saturday, September 9, 2017
Saturday, October 28, 2017
Saturday, December 9, 2017

SAT-TEST-DATE Saturday, October 7, 2017
Saturday, November 4, 2017
Saturday, December 2, 2017

CROSS COUNTRY REGIONALS COMPLETED October 19-21, 2017

REGIONAL ENTRIES (SUBMITTED BY COACHES) Due by Saturday, October 21, 2017 (10:00 pm)

STATE CROSS COUNTRY (ALL CLASSES) Saturday, October 28, 2017
SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS

CROSS COUNTRY COMMITTEE MEETING Monday, November 13, 2017
(9:00 am at the CHSAA office)

CHSAA LEGISLATIVE COUNCIL MEETINGS Thursday, January 25, 2018
Thursday, April 26, 2018

MAJOR CHANGES

A. All regional meets, regardless of the number of teams MUST have no less than 4 officials. The CHSAA assigns post season officials.

INFORMATIONAL ITEMS

None

2017 NATIONAL FEDERATION RULE CHANGES

3-2-4u NEW	Places the responsibility of providing liquids during competition on the games committee, not the individual coaches
3-6-1	Clarifies that a runner is disqualified by the starter when charged with a false start.
4-3-1b(5), 8-6-1b(4)	Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.
4-6-5 NEW g, 8-7e	A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.
4-6-5h NEW	Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.
5-1-3	Establishes the location and spacing of cones, when used, in the absence of a curb
8-1-3b	Clarifies that directional sign posts can be used with or in place of directional flags in cross country.

UNIFORM RULING/LEGAL UNIFORMS

Many of the compression style shorts, whether purchased by athletes or the school, have waistbands sporting multiple and/or oversized manufacturer logos. The CHSAA is asking coaches and athletes to solve this violation **permanently** by sewing a matching solid color material over the band to cover the logos, tucking the waistband inside of the short and stitching the band in this position, using a permanent marker to color the logos to match the waistband color, or any other permanent solutions that will not allow the logos to be seen.

Uniforms will be checked at the starting line. Any athlete that is wearing shorts with this logo violation will not be allowed to compete unless a permanent solution can be implemented in a timely manner. Obviously, it would be difficult to fix this violation at the starting line unless a permanent marker in the correct color is readily available. The start of any race will not be delayed in fairness to all other competitors.

Hats and gloves may be worn by competitors without pre-approval of 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 forward for sun-blocking), and must not impede the forward progress of any racer. The above reasonable guidelines will also be extended for runners who wish to use arm warmers, sunglasses, and wrist watches.

CROSS COUNTRY REGULAR SEASON INFORMATION

COMPUTERIZED TRANSPONDERS/CHIPS

A bib transponder attached to the athletes chest or two transponder chips per runner and attached to each shoe must be used. When transponders/chips are used, the official order of finish for runners is that recorded by the transponder/chip.

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.

LEGAL UNIFORMS:

A competitor may be disqualified for wearing an illegal uniform as outlined in Rule 9, Section 6 (2016 [Track & Field Rule and Cross Country Rules Book](#), page 70-73). (Article 3 is the same rule which applies to track relay teams.) (Refer to page 3 for uniform ruling details)

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 9-3 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.

TEAMS ON STATE COURSE DURING THE SEASON

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. 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 tournament.

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.

REGIONAL INFORMATION

IMPORTANT DATES

Thursday, October 19 through
Saturday, October 21

Regional Qualifying Meets (Regional list included)

Saturday, October 21

Coaches submit team entries electronically by 10:00 pm

Saturday, October 28

Boys' and Girls' State Cross Country Meet Norris Penrose Event Center – Colorado Springs.

Monday, November 13

Cross Country Meeting at the CHSAA Office – 9:00 am

*If you have suggestions, ideas, and/or concerns, regarding input, format, experience, etc. please, contact Rick Macias, Pueblo School District #60 or Jenn Roberts-Uhlig, Assistant Commissioner, CHSAA office.

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.

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, **3** – 2A) finishers of each team. If fewer than (**5** – 3A, 4A & 5A, **3** – 2A) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked.

ENTRIES TO STATE

Coaches are responsible for entering their qualified athlete(s)/team into the state meet. Information on how to submit entries is included in this bulletin (see page 31).

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, certified referee and a certified starter. (See National Federation rulebook for position descriptions – Rule 9 – Section 4 - Officials.)

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.

2017 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 (14) *Alexander Dawson, Byers, Clear Creek, Front Range Baptist, Front Range Christian, Heritage Christian, Highland, Lyons, Merino, Nederland, Shining Mountain, Twin Peaks Charter, Wiggins, Yuma

Date: Thursday, October 19th – 4:00
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Mark Roberts
School: Lyons High School
Contact: Roberts_mark@svvsd.org

REGION #2 (15) CIVA Charter, Colorado Springs School, Denver Academy, Denver Christian, *Ellicott, Evangelical Christian, Fountain Valley, Kiowa, Limon, Peyton, Pikes Peak Christian, West Grand, The Vanguard School, Denver Waldorf, Golden View Classical Academy, Lotus School for Excellence

Date: Thursday, October 19 – 2:00
Site: North Monument Valley Park
170 W. Cache La Poudre St.
Colorado Springs, CO 80903
Director: Jim Porter
Coronado High School
1590 W. Fillmore St
Colorado Springs, CO 80903
Phone: 719-328-3641

REGION #3 (15) Antonito, Buena Vista, Centennial, Center, Custer County, Del Norte, John Mall, Lake City, Lake County, Moffat, Rocky Ford, Rye, *Sargent, Springfield, Swallows Charter

Date: Thursday, October 19th – 3:00
Site: Pueblo City Park Elmwood Short Nine Golf Course
3900 Thatcher Ave
Pueblo, CO 81005
Director: Rick Macias
Richard.macias@pueblocitieschools.us or 719-549-7135
School: Sargent High School
Contact: Don Scherden
dscherden@sargent.k12.co.us

CLASS 2A (Continued)

REGION #4 (13) Colorado Rocky Mountain School, Crested Butte Community, DeBeque, *Dolores, Hotchkiss, Mancos, Meeker, Ouray, Paonia, Rangely, Soroco, Telluride, Caprock Academy

Date: Friday, October 20th – 12:00
Site: Confluence Park, Gunnison River Dr.
531 Palmer St
Delta, CO 81416
Director: Lance Webster
School: Dolores High School
1301 Central Ave
Dolores, CO 81323
Phone: 970-882-7288

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 3 to 8 members (score “3”). Regionals take 16 teams

Rounding Teams:

Example – 4 teams: 0 to .49 = 4 teams
.50 to .99 = 5 teams

2017 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 (14) Aspen, Basalt, Bayfield, Coal Ridge, Delta, Grand Valley, Gunnison, Middle Park, Moffat County, Montezuma-Cortez, Olathe, Pagosa Springs, Rifle, *Steamboat Springs

Date: Friday, October 20th – 1:00
Site: Confluence Park, Lions Pavillion
531 Palmer St
Delta, CO 81416
Director: Jeremy McCormick
School: Delta High School
1400 Pioneer Rd
Delta, CO 81416
Phone: 970-874-8031 or jeremy.mccormick@deltaschools.com

REGION #2 (14) Alamosa, Atlas Prep, Centauri, Colorado Springs Christian, Florence, James Irwin, La Junta, Lamar, Manitou Springs, Pueblo Central, Salida, St. Mary's, The Classic Academy, *Woodland Park

Date: Thursday, October 19th – 4:00
Site: Woodland Park Shining Mountain Golf Course
100 Shining Mountain Ln.
Woodland Park, CO 80863
Director: Ron Payton
School: Woodland Park High School
151 Panther Way
Woodland Park, CO 80863
Phone: 719-686-2064 or mdewall@wpsdk12.org

REGION #3 (14) Arrupe Jesuit, Denver North, Denver West, DSST: Green Valley, DSST: Stapleton, Faith Christian, Holy Family, Jefferson Academy, Peak to Peak, Pinnacle, Prospect Academy, Ridge View Academy, Skyview, *The Academy

Date: Thursday, October 19th – 4:00
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Mark Roberts
School: Lyons High School
Contact: Roberts_mark@svvsd.org

CLASS 3A (Continued)

REGION #4 (15) Berthoud, *Brush, Eaton, Estes Park, Fort Lupton, Frontier Academy, Liberty Common, Platte Valley, Sterling, Strasburg, University, Valley, Resurrection Christian, Weld Central, Stargate Academy

Date: Thursday, October 19th – 4:00
Site: Monfort Park
Director: Brett Shanklin, AD
School: Frontier Academy
6530 W. 16th Street
Greeley, CO 80634
Phone: 970-222-5287 or shanklinb@frontieracademy.net

REGION #5 (14) Colorado Academy, *Conifer, D'Evelyn, Elizabeth, Englewood, Kent Denver, KIPP Denver Collegiate, Lutheran, Machebeuf (Bishop), Platte Canyon, Sheridan, SkyView Academy, St. Mary's Academy, Aurora West Preparatory Academy

Date: Friday, October 20th – 3:00
Site: Stenger Soccer Complex, Arvada
10644 W. 58th Ave. Arvada, CO 80002
Director: Dan Quaratino
School: Conifer High School
10441 Hwy 73
Conifer, CO 80433
Contact: dan.quaratino@jeffco.k12.co.us

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

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.

2017 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 (11) Battle Mountain, Eagle Valley, Evergreen, Glenwood Springs, Golden, Green Mountain, Littleton, Mullen, Palisade, *Summit, Wheat Ridge

Date: Thursday, October 19th – 3:00
Site: Frisco Peninsula
Frisco, CO 80443
Director: Heather Quarantillo (Coach) and Matt Erholtz (AD)
School: Summit High School
PO Box 7 – 1620 U.S. Highway 9
Frisco, CO 80443
Phone: 970-368-1140

REGION #2 (12) *Air Academy, Discovery Canyon, Falcon, Harrison, Lewis Palmer, Mitchell, Palmer Ridge, Pine Creek, Ponderosa, Sand Creek, Sierra, Vista Ridge

Date: Thursday, October 19 – 3:00
Site: North Monument Valley Park
170 W. Cache La Poudre St.
Colorado Springs, CO 80903
Director: Blue Anderson
Air Academy High School
910 Carlton Dr, U.S. Air Force Academy, CO 80840
Contact: blue.anderson@asd20.org

REGION #3 (12) Alameda Inter., *Arvada, Centaurus, Erie, Geroqe Washington, John F. Kennedy, Niwot, Standley Lake, Thomas Jefferson, Valor Christian, Vista Peak, Northfield

Date: Thursday, October 19th – 4:00
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Chase McBride
School: Niwot High School
8989 E. Niwot Road
Niwot, CO 80503
Contact: mcbride_chase@svvsd.org

CLASS 4A (Continued)

REGION #4 (13) Fort Morgan, Fredrick, Greeley Central, Longmont, Mead, Mountain View, Northridge, Roosevelt, Silver Creek, *Skyline, Thompson Valley, Windsor

Date: Thursday, October 19th – 4:00
Site: Lyons High School
100 McConnell Drive
Lyons, CO 80540
Director: Chad Eisentrager
School: Mead High School
12750 County Road 7
Longmont, CO 80504
Phone: 720-494-3950

REGION #5 (11) Canon City, Cheyenne Mountain, *Durango, Mesa Ridge, Montrose, Pueblo Centennial, Pueblo County, Pueblo East, Pueblo South, Pueblo West, Widefield

Date: Thursday, October 19th – 4:00
Site: Hillcrest Golf Course
2300 Rim Dr.
Durango, CO 81301
Director: David McMillan
School: Durango High School
2390 Main Ave
Durango, CO 81301
Phone: 970-259-1630

* Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

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.

2017 BOYS' & GIRLS' CROSS COUNTRY REGIONALS
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CLASS 5A

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

REGION #1 (12) *Arapahoe, Arvada West, Aurora Central, Chatfield, Columbine, Dakota Ridge, Denver East, Eaglecrest, Legend, Smoky Hill, Thornton

Date: Thursday, October 19 – 2:00
Site: Northwest Open Spaces
2100 W 112th Ave
Northglenn, CO 80234
Director: Chuck Lutz, Pat McCabe (AD)
School: Arapahoe High School
2201 E. Dry Creek Road
Centennial, CO 80122
Contact: clutz@lps.k12.co.us

REGION #2 (12) Bear Creek, Central (GJ), Cherokee Trail, Cherry Creek, Fruita Monument, Gateway, Grand Junction, Grandview, Heritage, Overland, Regis, *Westminster

Date: Thursday, October 19 – 2:00
Site: Northwest Open Spaces
2100 W 112th Ave
Northglenn, CO 80234
Director: Tasha Wheatley (Coach) and Glenda Bates (AD)
School: Westminster High School
6933 Raleigh Street
Westminster, CO 80030
Phone: 303-657-3980 or 303-487-2556

REGION #3 (12) *Boulder, Denver South, Fairview, Greeley West, Hinkley, Lakewood, Legacy, Monarch, Pomona, Ralston Valley, Rangeview, ThunderRidge

Date: Thursday, October 19 – 12:00
Site: Harlow Platts Park/Viele Lake
1360 Gillaspie Dr
Boulder, CO 80305
Director: Geo Tam (Coach)
School: Boulder High School
1604 Arapahoe Ave
Boulder, CO 80302
Contact: Geo@geotectures.com or (720) 496-6773

CLASS 5A (Continued)

REGION #4 (12)

*Adams City, Brighton, Broomfield, Fort Collins, Fossil Ridge, Horizon, Loveland, Mountain Range, Northglenn, Poudre, Prairie View, Rocky Mountain

Date: Thursday, October 19, 2017 – 4:00

Site: Adams County Fair Grounds

9755 Henderson Rd.

Brighton, CO 80601

Director: Chris Denmark

Adam City High School

7200 Quebec Parkway

Commerce City, CO 80022

Phone: 303-853-7712 (AD) or cdenmark@adams14.org

REGION #5 (12)

Castle View, *Chaparral, Coronado, Doherty, Douglas County, Fountain-Fort Carson, Highlands Ranch, Liberty, Mountain Vista, Palmer, Rampart, Rock Canyon

Date: Thursday, October 19 – 3:00

Site: North Monument Valley Park

170 W. Cache La Poudre St.

Colorado Springs, CO 80903

Director: Grant Stoughton

Coronado High School

1590 W. Fillmore St

Colorado Springs, CO 80903

Phone: 719-328-3641

*-Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

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.

STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION

STATE MEET INFORMATION

(75th Annual Boys – 40th Annual Girls)

DATE

Saturday, October 28, 2017

SITE

Norris Penrose Event Center, Colorado Springs

HOST

CHSAA, Cheyenne Mountain High School, Runner's Roost

MEET DIRECTOR

Jenn Roberts-Uhlig, Assistant Commissioner, 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
Gary Staines, Special Events Runner's Roost

TIME SCHEDULE

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

SCORING AT STATE

2A- Run 6 at state – score 3

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

Individual runners are pulled out for purpose of team scoring.

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 each race and all team awards will be presented following the last race.

CHECK IN

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

FINISHING RESULTS

The official order of finish for runners at the state meet will be determined using 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. 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 tournament.**

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 TRAINERS

Doctors and trainers will be provided by the Colorado High School Activities Association.

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 (not regional directors) will be responsible for competitor's entries into the "champion chip" system.

Log onto "theendresultco.com" then to tab that says XC

- You must create an account, once all info is filled in click the "continue sign-up" button on the login page.
- Once you have created a school – you must create your rosters. Click the male/female roster icons under the "Your Rosters" heading. After you've entered your athletes, click "save changes".

If you have technical problems with the website, please contact: John Magnuson, ChampionChip @612-325-2429.

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.

The scoring team will be made up of "champion chip Minnesota" and its staff.

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.

LEGAL UNIFORMS:

Please refer to page 3

PARKING

STATE SPECTATOR PARKING: \$10

BUS ENTRANCE (All student transport vehicles – Short Bus, Suburban, School Bus)

1. I-25 to Exit 140, Tejon St./Nevada Ave. exit, toward CO-115 S/Nevada Ave.
2. Turn right onto S. Tejon Street
3. Turn Right onto Brookside Street
4. Turn Right onto 8th Street
5. Turn Left into Norris Penrose event center via access road.

The team vehicle/buses will not be allowed to enter on to the Lower Gold Camp entrance, due to the reconfiguration of the race. You will be late if you go this route, as it is a one way now. YOU MUST go to the access road it is across from Daniels Long Chevrolet. Directions listed above.

SCHOOL PACKET PICK-UP

Packets may be picked up starting at **7:30 a.m.** on Saturday, October 28, at the start headquarters. You can pick up packets for all classifications.

- Packets will include: individual bibs (assigned), saftery pins, course map, alley assignments, meet instructions, and coaches passes (2). A list of instructions for the use of coaches passes will also be include.

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.

A competitor finishes a cross country race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems.

Rule 9-3 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:

1. Bus and Team parking information will be included in your regional packet.
2. The Pre-State Meet will be the **ONLY** opportunity to compete on the future state course. As of this printing, 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.**
3. Please police your team camps for trash and athlete gear!

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 21, 2017. Champion Chip 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 in each coach's packet on race day. 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

Each qualifying team will receive a packet containing an appropriate number of state meet participation certificates for each team member competing in the state meet.

Schools with individual qualifiers will also receive certificates for each qualifier when they pick up their meet information.

The purpose of the attractive, suitable-for-framing certificates is to recognize the dedication and accomplishments of all the athletes competing at the state level.

Please call the CHSAA office at 303-344-5050 to request additional certificates.

TEAM RESULTS

Team results will not be mailed. You can get the final individual and team results from the Champion Chip web site (address will be in the state packet) or the CHSAA web site (www.chsaanow.com). We will post team results following the Awards Ceremony in the coaches hospitality.

T-SHIRTS/SOUVENIRS

Official 2017 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 27 at the Hotel Elegante (2886 S. Circle Drive).

Sizes: small, medium, large, extra-large

TEAM CHECK-IN

TEAM CHECK-IN

- Team check-in will start at 7:30 am for all classifications. Coach and team report together.
- Team uniforms will be checked and running members will receive a wrist band if the 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.

RETURNING FOR THEIR RACE

- The check-in tent will be divided into two sections.
- RIGHT 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.**
- LEFT SIDE – teams that still need the initial check-in to get their wrist bands.
- Once teams have entered the restricted holding area they will not be allowed to leave. Coaches and running athletes with wrist bands will be the only ones allowed to enter this area.
- 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.
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NOTE TO COACHES

- Coaches: please note that the warning for an illegal uniform will be given to each athlete at the time they receive their wristband.
- It will be considered an unsportsmanlike act if an athlete changes uniforms once they have been checked in and receive their wrist band. This athlete will be disqualified from the meet, and they will be checked again!



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

Starting at **\$85** (plus tax)

Valid October 27-October 29, 2017



For Reservations, call 1-800-981-4012

Poolside rooms available for \$95/night

Premiere Level rooms for \$120 for single/double, \$130 triple and \$140 Quad occupancy.

Premiere level rooms include breakfast daily and afternoon refreshments!

Please enter group code: 1832561 or ask for "State Cross Country"

Please book your room no later than October 12, 2017!!

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The Hotel Elegante Colorado Springs

Full service property located 4 miles from Cheyenne Mountain High School and Norris Penrose Event Center

Indoor Pool and Hot Tub and Kids Fun Zone!

Outdoor Sport Court, 2 Basketball hoops and sand volleyball pit!

24 Hour Fitness Center and on site guest laundry service

Rustlers Country Cafe serving Breakfast, Lunch, and Dinner

Rawhide Sports Bar and Patio Bar with gas fireplace

Complimentary wireless internet in guest rooms

Sweet Tooth featuring Starbuck's Coffee and

HOTELS/MOTELS



HOTEL – MOTELS

Reservations for hotels and motels should be secured as early as possible.

The Host Hotels is:

Hotel Elegante – Colorado Springs

2886 South Circle Drive, Colorado Springs, CO

719-576-5900

Please see enclosed flyer.

THE BROADMOOR

1 Lake Avenue, Colorado Springs CO

866-837-9520

CHEYENNE MOUNTAIN RESORT

3225 Broadmoor Valley Road, Colorado Springs, CO

719-5538-4000

COMFORT INN SOUTH

1410 Harrison Road, Colorado Springs, CO

719-579-6900

DAYS IN COLORADO SPRINGS SOUTH

2850 South Circle Drive, Colorado Springs, CO

719-527-0800

DOUBLE TREE BY HILTON HOTEL

1775 East Cheyenne Mountain Boulevard, Colorado Springs CO

719-576-8900

DRURY INN – COLORADO SPRINGS

1170 InterQuest Parkway, Colorado Springs, CO 80921

Call 1-800-DRURINN and use rate code 309625 or Colorado School District for a \$99.00 school rate.

FAIRFIELD INN & SUITES COLORADO SPRINGS SOUTH

2725 Geyser Drive, Colorado springs, CO

719-576-1717

HAMPTON INN & SUITES COLORADO SPRINGS/I-25 SOUTH

2910 Geyser Drive, Colorado Springs, CO

719-884-0330

LA QUINTA INN & SUITES COLORADO SPRINGS AP

2750 Geyser Drive, Colorado Springs CO

719-527-4788

COURSE MAP OF NORRIS PENROSE EVENT CENTER



DIRECTIONS TO NORRIS PENROSE EVENT CENTER

**1045 Lower Gold Camp Road
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)