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

All editorial changes will appear in green

All new changes will appear in blue

CHSAA CONTACT: Jenn Roberts-Uhlig, (303) 344-5050 – jrobertsu@chsaa.org
CHSAA CONTACT: Lane Ververs, (303) 344-5050 – lververs@chsaa.org
CHSAA CROSS COUNTRY INFORMATION: www.chsaaonline.com/sports/cross-country/
July 23, 2019

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

FROM: JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER

RE: 77th ANNUAL CHSAA HIGH SCHOOL BOYS’ CROSS COUNTRY SEASON
     42nd ANNUAL CHSAA HIGH SCHOOL GIRLS’ CROSS COUNTRY SEASON

The Colorado High School Activities Association would like to welcome you to the 77th/42nd 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. 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 2019 season. The State Cross Country Meet will be held at Norris Penrose Event Center, Colorado Springs on October 26, 2019. 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 11, 2019 at 9:30 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 2018 State Cross Country Meet.

Sincerely,

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

COACHES

YOU WILL BE RESPONSIBLE FOR SUBMITTING YOUR REGIONAL ENTRIES IN CHAMPION CHIP BY OCTOBER 19 @ 10:00pm
Open Meets
Regional Eligibility
Ribbons
Regional Points of Emphasis
Starting Line
2019 Boys & Girls Regionals
Class 2A
Class 3A
Class 4A
Class 5A

STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION
State Meet Information
Date
Site
Host
Meet Director
Site
Site Director
Time Schedule
Scoring at State
Inquiry Table
Appealing A Decision at the State Championships
Measuring Devices
Awards Presentation
Check In
Computerized Transponders/Chips
Course Walk Through
Distance
Doctors and Trainers
Dressing Room Facilities
Entries to State
Inhalers
Legal Uniforms
Parking
School Packet Pick-Up
Start/Conclusion
State Site Information
Substitution from Regional to State
State Participation Certificates
Team Results
T-shirts
Team Check-in
Returning for Their Race
Note to Coaches
HOST HOTEL AND ADDITIONAL HOTELS
CROSS COUNTRY COURSE MAP
DIRECTIONS TO NORRIS PENROSE EVENT CENTER
2019 CHSAA CROSS COUNTRY ADVISORY COMMITTEE

**Rick Macias (Chair)**  
Pueblo School District #60 (4A) (2020-2)  
Richard.macias@pueblocityschools.us

**Amy Farmer**  
Hinkley High School (5A) (2021)  
alfarmer@aps.k12.co.us

**Leslie Rosenbaum**  
Merino High School (2A) (2021)  
rosenbauml@merinok12.com

**Scott Hodgson**  
Brush High School (3A) 2022  
s.hodgson@brushschools.org

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

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

**Jennifer Gregg**  
Falcon High School (4A) (2021)  
jgregg@d49.org

**Richie Madrid**  
Del Norte High School (2A) (2022)  
rmadrid@del-norte.k12.co.us

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

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

**STATE RULES INTERPRETER**  
KC Logan, CTFOA Rules Interpreter (kclogan@hotmail.com)

**ASSISTANT STATE RULES INTERPRETER**  
Jim Gjerde, CTFOA Rules Interpreter (jgjerde@comcast.net)

**2019 CHSAA COMMITTEE MEETING:**  
Monday, November 11, 2019 – 9:30 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 (jrobertsu@chsaa.org) at CHSAA or Rick Macias, CHSAA Committee Chairperson (Richard.macias@pueblocityschools.us) so you can be placed on the agenda. Changes made at the meeting are in effect for the 2020 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/sports & activities/cross country/CHSAA Committee Proposal Form. Please email this form back to liversers@chsaa.org

**HOW TO GET RECOMMENDED FOR A COMMITTEE:**  
Contact your league president, athletic director or Legislative Council Representative in February for a recommendation
I. MAJOR CHANGES FROM LAST YEAR’S REPORT:

   A. The 2019 State Cross Country Championship is October 26th.

II. RATIONALE:

   A. Facility not available on November 2nd. The State Cross Country Championship will resume back on NFHS week 17 in 2020.

III. FINANCIAL IMPACT

   A. N/A

IV. DATES:

Criteria for date selection:

Regionals – the Thursday-Saturday of the 8th week of the fall competitive season. State – the 10th Saturday of competitive season.

Regional Qualifying          October 17-19, 2019  
                             October 22-24, 2020  

State Championship           October 26, 2019  
                             October 31, 2020
V. QUALIFYING FORMAT AND REGIONAL ASSIGNMENT BY CLASS:

2019 2A Cross Country Regions
(Enrollment – 1-303)
(65 Schools)

<table>
<thead>
<tr>
<th>REGION 1 (16)</th>
<th>REGION 2 (15)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Byers (137)</td>
<td>CIVA Charter (153)</td>
</tr>
<tr>
<td>Clear Creek (232)*</td>
<td>Colorado Springs School (96)</td>
</tr>
<tr>
<td>Dawson School (257)</td>
<td>Denver Academy (203)</td>
</tr>
<tr>
<td>Front Range Baptist (62)</td>
<td>Denver Academy of Torah (48)</td>
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<tr>
<td>Front Range Christian (141)</td>
<td>Denver Christian (144)</td>
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<tr>
<td>Heritage Christian (91)</td>
<td>Denver Waldorf (64)</td>
</tr>
<tr>
<td>Highland (267)</td>
<td>Ellicott (292)</td>
</tr>
<tr>
<td>KIPP NE/Strive Rise</td>
<td>Evangelical Christian (84)</td>
</tr>
<tr>
<td>Lake County (264)</td>
<td>Fountain Valley (220)*</td>
</tr>
<tr>
<td>Lyons (227)</td>
<td>Golden View Classical Academy (106)</td>
</tr>
<tr>
<td>Merino (84)</td>
<td>Kiowa (68)</td>
</tr>
<tr>
<td>Nederland (139)</td>
<td>Limon (135)</td>
</tr>
<tr>
<td>St. Mary’s Academy (G) (260)</td>
<td>Lotus School for Excellence (250)</td>
</tr>
<tr>
<td>Shining Mountain (70)</td>
<td>Peyton (248)</td>
</tr>
<tr>
<td>Twin Peaks Charter (147)</td>
<td>Pikes Peak Christian (52)</td>
</tr>
<tr>
<td>Wiggins (160)</td>
<td>Wray (171)</td>
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<tr>
<td>Yuma (224)</td>
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<table>
<thead>
<tr>
<th>REGION 3 (17)</th>
<th>REGION 4 (17)</th>
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</thead>
<tbody>
<tr>
<td>Antonito (59)</td>
<td>Caprock Academy (149)</td>
</tr>
<tr>
<td>Buena Vista (291)</td>
<td>Colorado Rocky Mountain School (164)</td>
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<tr>
<td>Centauri (298)</td>
<td>Crested Butte Community (208)</td>
</tr>
<tr>
<td>Centennial (56)</td>
<td>DeBeque (44)</td>
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<tr>
<td>Center (153)</td>
<td>Dolores (182)</td>
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<tr>
<td>Cripple Creek-Victor (87)</td>
<td>Hotchkiss (197)</td>
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<tr>
<td>Custer County (132)</td>
<td>Ignacio (G) (259)</td>
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<td>Del Norte (136)</td>
<td>Lake City (28)</td>
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<td>Moffat (37)</td>
<td>Mancos (120)</td>
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<td>Platte Canyon (263)</td>
<td>Meeker (198)*</td>
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<tr>
<td>Primero (54)</td>
<td>Monte Vista (272)</td>
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<td>Rocky Ford (227)</td>
<td>Ouray (60)</td>
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<tr>
<td>Rye (228)</td>
<td>Paonia (151)</td>
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<td>Sargent (117)</td>
<td>Rangely (112)</td>
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<tr>
<td>St. Mary’s (Springs) (260)</td>
<td>Soroco (99)</td>
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<tr>
<td>Springfield (85)*</td>
<td>Telluride (253)</td>
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<tr>
<td>Swallows Charter (160)</td>
<td>West Grand (137)</td>
</tr>
<tr>
<td>Thomas MacLaren (207)</td>
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</tbody>
</table>

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

Qualifying Procedure – Top 5 (five) teams - all athletes who finish in the top 15 places. Full teams must consist of 3 to 8 members (score “3”). Regionals take 20 teams.
# 2019 3A Cross Country Regions
## (Enrollment – 304-787)
### (64 Schools)

<table>
<thead>
<tr>
<th>REGION 1 (13)</th>
<th>REGION 2 (12)</th>
<th>REGION 3 (14)</th>
</tr>
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<tbody>
<tr>
<td>Aspen (547)</td>
<td>Alamosa (596)</td>
<td>Academy, The (567)</td>
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<td><strong>Basalt (485)</strong></td>
<td>Classical Academy, The (653)</td>
<td>Arrupe Jesuit (425)</td>
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<tr>
<td>Bayfield (379)</td>
<td><strong>Colo Spgs Christian (310)</strong>*</td>
<td>Denver West (642)*</td>
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<tr>
<td>Coal Ridge (556)</td>
<td>Florence (347)</td>
<td><strong>DSST College View</strong></td>
</tr>
<tr>
<td>Delta (574)</td>
<td>James Irwin (426)</td>
<td>DSST Stapleton (576)</td>
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<tr>
<td>Grand Valley (319)</td>
<td>La Junta (380)</td>
<td>Faith Christian (393)</td>
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<tr>
<td>Gunnison (393)</td>
<td>Lamar (443)</td>
<td>Fort Lupton (631)</td>
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<tr>
<td>Middle Park (372)</td>
<td>Lutheran (525)</td>
<td>Holy Family (649)</td>
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<td>Moffat County (582)</td>
<td>Manitou Springs (450)</td>
<td>Jefferson Academy (424)</td>
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<tr>
<td>Montezuma-Cortez (635)</td>
<td>Salida (359)</td>
<td>Jefferson (407)</td>
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<tr>
<td>Olathe (315)</td>
<td>Vanguard, The (305)</td>
<td>KIPP Collegiate (437)</td>
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<tr>
<td>Pagosa Springs (450)</td>
<td>Woodland Park (767)</td>
<td>Peak to Peak (589)</td>
</tr>
<tr>
<td>Rifle (759)</td>
<td>Pinnacle, The (520)</td>
<td>Prospect Ridge (424)</td>
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<tr>
<td><strong>REGION 4 (14)</strong>*</td>
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<td>Stargate (406)</td>
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<tr>
<td>Berthoud (715)</td>
<td>Aurora West (380)</td>
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<tr>
<td>Brush (444)</td>
<td>Colorado Academy (411)</td>
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<tr>
<td>Eaton (545)</td>
<td>D’Evelyn (624)</td>
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</tr>
<tr>
<td><strong>Estes Park (335)</strong></td>
<td>DSST Byers (408)*</td>
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<tr>
<td>Frontier Academy (361)</td>
<td>DSST Green Valley (530)</td>
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<tr>
<td>Liberty Common (350)</td>
<td>Elizabeth (676)</td>
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<tr>
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<td>Englewood (547)</td>
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<td>Res. Christian (304)</td>
<td>Kent Denver (485)</td>
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<td>Severance (350)</td>
<td>Machebeuf (370)</td>
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<td>Sterling (524)</td>
<td>Ridge View (350)</td>
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<tr>
<td>Strasburg (314)</td>
<td>Riverdale Ridge (525)</td>
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<td>University (599)</td>
<td>Sheridan (346)</td>
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<tr>
<td>Valley (584)</td>
<td>SkyView Academy (330)</td>
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<tr>
<td>Weld Central (670)</td>
<td>St. Mary’s Academy (G) (520)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strive SMART (486)</td>
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</tr>
</tbody>
</table>

**Updated 7/11/2019**

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Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 9 members (score “5”). Regionals take 20 teams.
### 2019 4A Cross Country Regions

(Enrollment – 788-1519)
(63 Schools)

<table>
<thead>
<tr>
<th>REGION 1 (12)</th>
<th>REGION 2 (12)</th>
<th>REGION 3 (14)</th>
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<tbody>
<tr>
<td>Battle Mountain (955)</td>
<td>Air Academy (1354)</td>
<td>Abraham Lincoln (973)</td>
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<tr>
<td>Central-Gnd Jnct. (1520)*</td>
<td>Discovery Canyon (1136)</td>
<td>Alameda International (800)</td>
</tr>
<tr>
<td>Conifer (870)</td>
<td>Falcon (1207)*</td>
<td>Arvada (822)</td>
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<tr>
<td>Eagle Valley (931)</td>
<td>Harrison (994)</td>
<td>Centaurus (1234)</td>
</tr>
<tr>
<td>Evergreen (1117)</td>
<td>Lewis-Palmer (1065)</td>
<td>Denver North (1117)*</td>
</tr>
<tr>
<td>Glenwood Springs (947)</td>
<td>Littleton (1217)</td>
<td>George Washington (1230)</td>
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<tr>
<td>Golden (1313)</td>
<td>Mitchell (1329)</td>
<td>John F. Kennedy (1072)</td>
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<td>Green Mountain (1106)</td>
<td>Palmer Ridge (1185)</td>
<td>Niwot (1204)</td>
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<td>Mullen (852)</td>
<td>Ponderosa (1349)</td>
<td>Northfield (788)</td>
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<td>Palisade (1051)</td>
<td>Sand Creek (1207)</td>
<td>Regis Groff (942)</td>
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<td>Steamboat Springs (829)</td>
<td>Sierra (810)</td>
<td>Skyview (883)</td>
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<td>Summit (978)</td>
<td>Wheat Ridge (1251)</td>
<td>Standley Lake (1363)</td>
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<td>REGION 4 (13)</td>
<td>REGION 5 (13)</td>
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<tr>
<td>Erie (1154)</td>
<td>Canon City (1076)</td>
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<tr>
<td>Frederick (1013)</td>
<td>Cheyenne Mountain (1255)</td>
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<tr>
<td>Fort Morgan (907)</td>
<td>Coronado (1369)</td>
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<tr>
<td>Greeley Central (1480)</td>
<td>Durango (1132)</td>
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<td>Longmont (1287)</td>
<td>Mesa Ridge (1290)</td>
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<td>Mead (1115)</td>
<td>Montrose (1316)*</td>
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<tr>
<td>Mountain View (1245)</td>
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<td>Northridge (1201)</td>
<td>Pueblo Central (790)</td>
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<td>Roosevelt (997)</td>
<td>Pueblo County (980)</td>
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<td>Silver Creek (1359)</td>
<td>Pueblo East (1087)</td>
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<td>Skyline (1443)</td>
<td>Pueblo South (1071)</td>
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<tr>
<td>Thompson Valley (1165)</td>
<td>Pueblo West (1391)</td>
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</tr>
<tr>
<td>Windsor (1485)*</td>
<td>Widefield (1358)</td>
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</tbody>
</table>

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Qualifying Procedure – Top 4 (four) teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 9 members (score “5”). Regionals take 20 teams.
**2019 5A Cross Country Regions**  
*(Enrollment – 1520-up)*  
*(61 Schools)*

<table>
<thead>
<tr>
<th>REGION 1 (12)</th>
<th>REGION 2 (13)</th>
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</thead>
<tbody>
<tr>
<td>Arapahoe (2155)</td>
<td>Arvada West (1750)</td>
<td>Boulder (2065)</td>
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<td>Aurora Central (1914)</td>
<td>Bear Creek (1560)</td>
<td>Broomfield (1591)</td>
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<tr>
<td>Cherokee Trail (2953)</td>
<td>Chatfield (1770)*</td>
<td>Denver East (2644)*</td>
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<tr>
<td>Cherry Creek (3654)</td>
<td>Columbine (1698)</td>
<td>Denver South (1600)</td>
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<td><strong>Eaglecrest (2820)</strong></td>
<td>Dakota Ridge (1530)</td>
<td>Fairview (2228)</td>
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<tr>
<td>Gateway (1654)</td>
<td>Fruita Monument (1752)</td>
<td>Legacy (2363)</td>
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<td>Grandview (2781)</td>
<td>Grand Junction (1574)</td>
<td>Monarch (1714)</td>
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<td>Hinkley (2050)</td>
<td>Heritage (1712)</td>
<td>Northglenn (1921)</td>
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<td>Overland (2375)</td>
<td>Highlands Ranch (1742)</td>
<td>Pomona (1432)</td>
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<td>Rangeview (2109)</td>
<td>Lakewood (2120)</td>
<td>Ralston Valley (1850)</td>
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<td>Regis Jesuit (1800/1446)</td>
<td>Mountain Vista (2320)</td>
<td>Thornton (1699)</td>
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<tr>
<td>Smoky Hill (2079)</td>
<td>ThunderRidge (2072)</td>
<td>Westminster (2350)</td>
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<td>Valor Christian (1094)</td>
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<table>
<thead>
<tr>
<th>REGION 4 (12)</th>
<th>REGION 5 (12)</th>
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<tbody>
<tr>
<td>Adams City (1847)</td>
<td>Castle View (2155)</td>
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<tr>
<td>Brighton (1794)</td>
<td>Chaparral (2276)</td>
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<tr>
<td>FNE Warriors (2964)</td>
<td>Doherty (2032)</td>
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<tr>
<td><strong>Fort Collins (1789)</strong>*</td>
<td><strong>Douglas County 1863)</strong>*</td>
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<tr>
<td>Greeley West (1628)</td>
<td>Legend (2119)</td>
</tr>
<tr>
<td>Horizon (2037)</td>
<td>Liberty (1621)</td>
</tr>
<tr>
<td>Loveland (1631)</td>
<td>Palmer (1631)</td>
</tr>
<tr>
<td>Mountain Range (1989)</td>
<td>Pine Creek (1590)</td>
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<tr>
<td>Poudre (1825)</td>
<td>Rampart (1689)</td>
</tr>
<tr>
<td>Prairie View (1880)</td>
<td>Rock Canyon (2220)</td>
</tr>
<tr>
<td>Rocky Mountain (1970)</td>
<td>Vista Ridge (1542)</td>
</tr>
</tbody>
</table>

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

**VI. INFORMATIONAL ITEMS:**

Bids for state location are open and will be reviewed at the 2019 Cross County Committee Meeting

**VII. COMMITTEE MEMBERS:**

Rick Macias, Chairperson, Pueblo School District #60 (2nd term, 2020); Jon Dalby (2020); Kim McConnell, (2020); Brady Archer, Mancos (2020); Brian Simpson, Montrose (2020); Brett Shanklin Frontier Academy (2019); Amy Farmer, Hinkley (2021); Leslie Rosenbaum, Merino (2021); Jennifer Gregg, Falcon (2021)
MAJOR BYLAW CHANGES
2019-2020

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   -- Constitution & Bylaws, Article 18, Rule 1880.1, 1800.3
   & 1800.6 .................................................................................. page 69

6. **AMATEUR STATUS**
   -- Constitution & Bylaws, Article 20, Rule 2000.1,

7. **WAIVER FOR NON-ATHLETIC EVENTS**
   -- Constitution & Bylaws, Article 23, Rule 2310.5................. page 89

Please note that the CHSAA staff continually updates the CHSAA Constitution and Bylaws when errors are found. The most updated document can be found at CHSAANOW.com, then clicking on CHSAA.org, Member School Info + Tools, then Bylaws.
2019 SEASON CALENDAR

FIRST DAY OF PRACTICE ................................................................. Monday, August 12, 2019
(Practices and meetings cannot be conducted on Sundays)

FIRST SCRIMMAGE DATE ................................................................. Saturday, August 17, 2019
(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 22, 2019
(Schools may schedule and conduct their first interscholastic contest on this date)

ACT-TEST-DATE ................................................................. Saturday, September 14, 2019
Saturday, October 26, 2019
Saturday, December 14, 2019

SAT-TEST-DATE ................................................................. Saturday, October 5, 2019
Saturday, November 2, 2019
Saturday, December 7, 2019

CROSS COUNTRY REGIONALS COMPLETED ...................................................... October 17-19, 2019

REGIONAL ENTRIES (SUBMITTED BY COACHES) .......... Due by Saturday, October 19, 2019 (10:00 pm)

STATE CROSS COUNTRY (ALL CLASSES) ........................................ Saturday, October 26, 2019
SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS

CROSS COUNTRY COMMITTEE MEETING .................................................. Monday, November 11, 2019
(9:30 am at the CHSAA office)

CHSAA LEGISLATIVE COUNCIL MEETINGS .................................................... Tuesday, April 22, 2020
The following link contains the 2019 Sports Medicine Advisory Committee Handbook:

SPORTSMANSHIP
The following link contains the CHSAA Game Management & Sportsmanship Expectation Guide
# 2019 NATIONAL FEDERATION RULE CHANGES

<table>
<thead>
<tr>
<th>Rule Number</th>
<th>Change Description</th>
<th>Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-3-1</td>
<td>Eliminates redundant language and expands definition of foundation garments.</td>
<td><strong>Rationale:</strong> This change expands the current interpretation of foundation garment to include any item worn under the uniform top and/or bottom as well as eliminate duplicate language in same rule.</td>
</tr>
<tr>
<td>4-3-2</td>
<td>Clarifies uniform language for relay and cross country team members.</td>
<td><strong>Rationale:</strong> Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.</td>
</tr>
<tr>
<td>6-6-11, 6-8-12</td>
<td>Records measurement in discus and javelin to the nearest lesser inch or centimeter.</td>
<td><strong>Rationale:</strong> Clarifies measurements when using metric system.</td>
</tr>
<tr>
<td>6-9-4, 6-9-5</td>
<td>Clarifies pit measurements for long jump and triple jump.</td>
<td><strong>Rationale:</strong> Ensures pit measurements are within industry standards for safety.</td>
</tr>
<tr>
<td>8-11 thru 3</td>
<td>Clarifies legal course layout.</td>
<td><strong>Rationale:</strong> Clarification of course markings.</td>
</tr>
<tr>
<td>8-3-2 thru 5</td>
<td>Clarifies order of finish based on torso.</td>
<td><strong>Rationale:</strong> Clarifies that no matter the system used, the order of finish is based on when the torso crosses the finish line.</td>
</tr>
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</table>

## 2019 Editorial Changes

<table>
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4-6-5 Notes, 5-1-3, 8-6-1 thru 3, 5-2-3, 5-3-6, 6-5-1, 6-9-1

## 2019 Points of Emphasis

1. Uniforms  
2. Wearable Technology  
3. Officials Safety and Recommendations in Vertical and Horizontal Jumps
NFHS TRACK & FIELD and CROSS COUNTRY UNIFORM RULES - 2019

RULE 4-3:

NOTE: The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

ART. 1 . . . The competitor's uniform shall be school-issued or school approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

a. Each competitor shall wear shoes on both feet.
   1. The shoes shall have an upper and recognizable sole and heel.
   2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
   3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

NOTE: The games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a)

   4. The use of slippers or socks does not meet the requirements of the rule.

b. Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.

   1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.

   2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor’s name.

   3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.

   4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and
girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.

5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top and bottom or one-piece uniform.

6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

7. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.

ART. 2 . . . Additional restrictions for relay teams and cross country teams.

a. All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.

b. 

NOTE: The official should be able to observe that all members are from the same team.

PENALTY: (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

ART. 3 . . . Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.
UNIFORM RULES
For Cross Country/Relay Uniform Compliance, State Officials Interpretation Will Be:

- Uniform top has the same predominant color in the front and the same school name or logo on the front.
- Uniform top has the same design in the back.
- 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.

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

UNIFORMS AT THE STATE MEET
Uniforms will be checked at the check-in station by the starting line prior to all races. Teams can check-in at any time prior to their race in this area where uniforms will be inspected. Athletes will be banded after approved in this area. Teams are encouraged to report early for uniform inspection. Uniforms will be inspected once again at the start line prior to the start of the race.

IN & OUT of SEASON PARTICIPATION
Please see bylaw 2100 for outside competition.

Please see bylaw 2300.1 for competitive season/participation.

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

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

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

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

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

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

DEFINITION
LIGHTNING
In the United States, an average of 300 people are struck by lightning each year. Of those struck, there are approximately 40 fatalities from lightning each year. Approximately 50-60% of lightning casualties occur during organized sports or recreational activities according to the National Weather Service. Most of these fatalities can be prevented.

Weather Apps
• It is strongly recommended that an independent and objectively verified weather app (such as the WeatherBug® SparkTM App, Storm by Weather Underground, or the National Weather Service app) be available at all outdoor activities, including practices and contests. This should be part of your venue-specific emergency action plan.
• Acceptable alternatives to the verified weather apps include but are not limited to: immediate contact with the local weather services, local television or radio. Access to these sources can be through the Internet, cellular telephone and/or any other means that provides the information needed for real time decisions to be made.

GUIDELINES/PROCEDURES
In your venue-specific emergency action plan, you must:

1. Assign a staff member to monitor local weather conditions before and during practices and contests. This staff member is designated to make the final call on suspending and resuming the game.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
   a. Utilize announcements/public address announcer to help guide teams and fans to the appropriate shelter and identifying safe places as noted below.
   b. Safe locations need to be identified and shared with teams, spectators and workers prior to the start of the activity or athletic event.
   c. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, locker rooms or buses/cars. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
   d. Unsafe locations include but are not limited to: Picnic areas, parks, open sided shelters (dugouts), storage sheds, open garages, tents, press boxes, areas close to open water, tall objects such as trees, poles, towers, and elevated areas.
3. When a thunderstorm seems imminent, lightning is seen or heard, or the weather app indicates that lightning is within 8-10 miles, the outdoor venue (small or large) needs to be evacuated. Proceed to a lighting safe area.
4. Activities shall be suspended, and all personnel are directed to move to safe locations. The call to suspend activity due to close lightning should be based on how fast the storm is approaching and the amount of time it will take for event participants to take appropriate safe shelter. At a minimum, by the time the lightning storm has reached 8 miles away from the location of the outdoor activity, all individuals should have left the outdoor athletic site and reached a safe location. Weather monitoring subscriptions should be set at an 8-10 mile radius from the center of the sporting event (venue specific).
5. Criteria for suspension and resumption of play:
a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – PER NFHS At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

6. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
7. Inform student-athletes and their parents of the lightning policy at start of the season in your pre-season meeting.

No App or Technology Available
When a weather app is not available, the default NFHS policy that appears in the Rules Book of each sport shall be followed. In brief, that policy requires suspension of all activity when cloud-to-ground lightning is observed, or thunder is heard. If thunder is heard, lightning is assumed to be striking within 10 miles.
Implement the Thirty Minute Rule as noted in the NFHS Policy.
When activities are suspended, the following individuals shall be responsible for the safety of personnel:

- The head coach for players and other team personnel.
- Game management guiding spectators and personnel to safe areas
- The senior official for the officiating crew.
- All game management personnel, administrators, coaches and officials must be thoroughly familiar with the NFHS default policy as well as this policy.

MANAGEMENT
People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.

- Call 911
- If possible, an injured person should be moved to a safer location before starting CPR.
- Start cardiopulmonary resuscitation (CPR).
- Lightning-strike victims with signs of cardiac or respiratory arrest need immediate emergency help.
- Activate the local emergency management system and utilize an AED if available. Prompt, effective CPR has been highly successful for the survival of lightning strike victims.
DEFINITIONS

TORNADO

- Tornado Watch - indicates tornadoes are possible
- Tornado Warning - tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

- Develop a tornado specific EAP for each venue or event.
- Designated weather watcher (above) notifies site or athletic director of approaching storm and communicates direction and speed of storm.
- If a tornado warning is initiated, immediate event delay should be implemented, and all participants, spectators and athletic staff should SEEK SHELTER IMMEDIATELY. Once inside a secure location, tune to local weather alert radio to be informed of storm location, path and duration of tornado warning.
- Warning may be extended, or a new warning issued at any time, so continued monitoring is needed. During tornado warning, sirens will sound for 3 minutes at a time. Depending on duration of warning, sirens may re-sound multiple times.
- Safe shelter from tornado = inside lowest building level, away from exterior walls/windows, with windows closed. If outside, lie flat in a ditch or depression and cover head with hands or stay in a car with seatbelt on. Be aware of potential flooding. DO NOT take cover under an overpass or bridge. Never try to outrun a tornado in urban or congested areas. Be aware of flying debris.

All clear - tornado warning will expire after duration specified by National Weather Service and weather watcher notifies site director that warning has ended and event can resume.

REFERENCES


National Weather Service Lightning Safety Tips and Resources:
https://www.weather.gov/safety/lightning

National Federation of State High Schools Association’s Guidelines on Handling Practices and Contests During Lightning or Thunder Disturbances:
http://www nfhs org/media/1014153/guidelines on handling practices contests during lightning _thunder disturbances march_2018.pdf

National Oceanic and Atmospheric Administration: http://www.noaa.gov
CROSS COUNTRY REGULAR SEASON INFORMATION

COMPUTERIZED TRANSPLONDERS/CHIPS
A bib transponder attached to the athlete's 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. **RUNNERS MUST WEAR A CHIP ON BOTH SHOES.** Refer to rule 8, section 3, article 3 of the National Federation Rule Book.

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

DISQUALIFICATION/EJECTION CLARIFICATION
An athlete will be disqualified for the following:

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

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

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

LEGAL UNIFORMS:
A competitor may be disqualified for wearing an illegal uniform as outlined in Rule 4, Section 3, p. 23-24 (2019 Track & Field Rule and Cross Country Rules Book). (Refer to page 4 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 8-3 will be enforced with state adaptations. State meet shall conclude 60 minutes after the last race results have been announced/posted. The state association may intercede in the event of unusual incidents after the referee’s jurisdiction has ended.

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

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

OFFICIALS
Dear Coaches,

On behalf of the CTFOA, we would like to welcome you to the 2019 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 2019 Track & Field & Cross Country NFHS Rule Book will govern this upcoming season, as was the case for the Spring 2019 T&F Season.

We once again wish you a productive & successful 2019 season.

Gary Strubel, President
CTFOA

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

COACHES
COLORADO COACHES
CODE OF ETHICS

1. **PROFESSIONALISM** A COACH will uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, parents, and the public, the coach will strive to set an example of the highest ethical and moral conduct.

2. **INFLUENCE** A COACH will be aware that he or she has a tremendous influence on the education of the student and, thus, shall place the highest value on instilling the ideals of character. The coach will realize that he or she is a role model, both in the school, the community and on social media accounts, and his or her actions must live up to their words.

3. **LIFE LESSONS** A COACH will know that the lessons of the game are more important than the outcome of the game, and the coach will demonstrate an understanding of the athletes' growth and development in life beyond the game.

4. **PRIORITIES** A COACH will remember that the game is for the young people, and will place the athletes' needs and interests before his or her own.

5. **SPORTSMANSHIP** A COACH will personally demonstrate sportsmanship, and exert his or her influence to enhance sportsmanship by all team members and spectators.

6. **RULES** A COACH will master the contest rules and shall teach them to his or her team members. The coach shall honor both the spirit and letter of the rules.

7. **SAFETY** A COACH will ensure a safe environment and safe equipment, and practice safe training techniques based on current practices.

8. **OFFICIALS** A COACH will respect and work with officials, understanding their importance and the role that they play in the event.

9. **TRAINING RULES** A COACH will take an active role in promoting a positive lifestyle and in the prevention of alcohol, tobacco and drug usage by team members.

10. **SOCIAL MEDIA** A COACH will use team social media for only positive communication, team promotion, and team building, and encourage team members to use social media responsibly.

11. **PARTNERS** A COACH will work with the athletic director to be knowledgeable about and follow school district policies and procedures, and CHSSAA 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 CHSSCA)

**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

Coaches: The following is a quick list of important information that you and your players need to know before the season begins and throughout the year. Have you covered this information with your players? Use the quick check-off list to make this season a successful one.
(Note: Handbook = [CHSAA Constitution and Bylaws](#)

To review the bylaw please click on the article or point of emphasis below:

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**REGIONAL INFORMATION**

**IMPORTANT DATES**

Thursday, October 17 through Saturday, October 19
Regional Qualifying Meets (Regional list included)
**Saturday, October 19**  
Coaches submit team entries electronically by 10:00 pm

**Saturday, October 26**  

**Monday, November 11**  
Cross Country Meeting at the CHSAA Office – 9:30 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.

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**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 HERE).

**OPEN MEETS**

No open divisions will be allowed at regionals.

**REGIONAL ELIGIBILITY**

Only runners representing member schools and who are eligible (under CHSAA By-laws) for competition are eligible to participate in the regional meet for advancement to state. All schools participating in the regional meet must have paid a separate participation fee for the boys’ team and for the girls’ team in order to be eligible for regional participation.
**RIBBONS**
Ribbons will be presented to those individuals who have finished in the top 15 places in the regional meet. Plaques will be presented to the first and second place at each regional meet.

**REGIONAL POINTS OF EMPHASIS**
All regional meets shall have a games committee. All regional meets are REQUIRED to have 4 certified officials. These mandatory officials are (1) Starter, (1) Assistant Starter, (1) Referee, and (1) Clerk of the Course. **Mandatory to have a certified official at the finish (this can be your referee).**

(See National Federation rulebook for position descriptions – Rule 3)

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

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

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

**COMPUTERIZED TRANSPONDERS/CHIPS**
Chips must be used at all regionals. **RUNNERS MUST WEAR A CHIP ON BOTH SHOES.** Bib-chips may also be used. Refer to rule 8, section 3, article 3 of the National Federation Rule Book.

**INSURANCE**
Please contact the CHSAA office for any insurance requests/needs for non-school venues/sites.
2019 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 (16)

Date: Thursday, October 17th – 4:00 PM
Site: Lyons High School
100 McConnell Dr.
Lyons, CO 80540
Director: Mark Roberts and Jason Maguire
Host School: Lyons High School
100 McConnell Dr.
Lyons, CO 80540
Contact: (303) 823-6631

REGION #2 (15)

Date: Thursday, October 17th – 4:30 PM
Site: Monument Valley Park
W. Fontanero Street & Culebra Avenue
Colorado Springs, CO 80903
Director: Caroline Blaylock
Host School: Fountain Valley School
6155 Fountain Valley School Rd.
Colorado Springs, CO 80911
Contact: (719) 390-7035

REGION #3 (17)
Antonito, Buena Vista, Centauri, Centennial, Center, Cripple Creek-Victor, Custer County, Del Norte, Moffat, Platte Canyon, Primero, Rocky Ford, Rye, Sargent, St. Mary’s (Springs), Springfield*, Swallows Charter, Thomas MacLaren

Date: Friday, October 18th – 10:00 am
Site: Rocky Ford Jr/Sr High School (Melon Field – Babcock Park)
100 Washington
Rocky Ford, CO 81097
Director: Tammy Ridennoure (AD)/Ron Shepherd (Coach)
Host School: Rocky Ford Jr/Sr High School
100 Washington
Rocky Ford, CO 81097
Contact: School – (719) 254-7431/Tammy – (719) 469-6309/Ron – (719) 469-7687
CLASS 2A (Continued)

REGION #4
Caprock Academy, Colorado Rocky Mountain School, Crested Butte Community, DeBeque, Dolores, Hotchkiss, Ignacio [Girls Only], Lake City, Mancos, Meeker*, Monte Vista, Ouray, Paonia, Rangely, Soroco, Telluride, West Grand

Date: Friday, October 18th – 3:40 PM
Site: Confluence Park
Gunnison River Drive
Delta, CO 81416
Director: Brian Simpson
Host School: Montrose High School
P.O. Box 10500
Montrose, CO 81402
Contact: (970) 240-6413

* - 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 5 (five) teams - all athletes who finish in the top 15 places. Full teams must consist of 3 to 8 members (score “3”). Regionals take 20 teams
2019 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 (13)
Aspen, Basalt*, Bayfield, Coal Ridge, Delta, Grand Valley, Gunnison, Middle Park, Moffat County, Montezuma-Cortez, Olathe, Pagosa Springs, Rifle

Date:     Friday, October 18th – 11:00 AM
Site:     Crown Mountain Park
          501 Eagle County Drive
          El Jebel, CO 81623
Director: Ronald Lund
Host School: Basalt High School
             600 Southside Drive
             Basalt, CO 81621
Contact:  (970) 384-5957

REGION #2 (12)

Date:     Thursday, October 17th – 2:00 PM
Site:     Monument Valley Park
          W. Fontanero Street & Culebra Avenue
          Colorado Springs, CO 80903
Director: Caroline Blaylock
Host School: Fountain Valley School
             6155 Fountain Valley School Rd.
             Colorado Springs, CO 80911
Contact:  (719) 390-7035

REGION #3 (14)
The Academy, Arrupe Jesuit, Denver West*, DSST College View, DSST Stapleton, Faith Christian, Fort Lupton, Holy Family, Jefferson, Jefferson Academy, KIPP Collegiate, Peak to Peak, The Pinnacle, Prospect Ridge, Stargate

Date:     Friday, October 18th – 1:00 PM
Site:     City Park
          1700 Fillmore St.
          Denver, CO 80206
Director: Steve Kohuth
Host School: Denver East High School
             1600 City Park Esplanade
             Denver, CO
Contact:  (729) 423-8300
CLASS 3A (Continued)

REGION #4 (14)
Berthoud, Brush, Eaton, Estes Park*, Frontier Academy, Liberty Common, Platte Valley, Resurrection Christian, Severance, Sterling, Strasburg, University, Valley, Weld Central

**Date:** Thursday, October 17th – 4:00 pm
**Site:** Monfort Park
2122 50th Ave.
Greeley, CO 80634
**Director:** Brett Shanklin
**Host School:** Frontier Academy
6530 W. 16th St.
Greeley, CO 80634
**Contact:** (970) 339-9153 Ext. 120

REGION #5 (15)
Aurora West, Colorado Academy, D'Evelyn, DSST Byers*, DSST Green Valley, Elizabeth, Englewood, Kent Denver, Machebeuf (Bishop), Ridge View, Riverdale Ridge, Sheridan, SkyView Academy, St. Mary’s Academy (Girls), Strive SMART

**Date:** Thursday, October 17th – 3:00 PM
**Site:** Lyons High School
100 McConnell Dr.
Lyons, CO 80540
**Director:** Mark Roberts and Jason Maguire
**Host School:** Lyons High School
100 McConnell Dr.
Lyons, CO 80540
**Contact:** (303) 823-6631

* - 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.
2019 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 (12)
Battle Mountain, Central Grand Junction*, Conifer, Eagle Valley, Evergreen, Glenwood Springs, Golden, Green Mountain, Mullen, Palisade, Steamboat Springs, Summit

Date:    Thursday, October 17th – TBA
Site:    Lincoln Park Golf Course
         1240 Gunnison Ave
         Grand Junction, CO 81501
Director:    Ted Leblow
Host School:    Central High School
                550 Warrior Way
                Grand Junction, CO 81504
Contact:    (970) 254-6200

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

Date:    Thursday, October 17th – 4:00 PM
Site:    Monument Valley Park
         W. Fontanero Street & Culebra Avenue
         Colorado Springs, CO 80903
Director:    Jennifer Gregg
Host School:    Falcon High School
                10255 Lambert
                Falcon, CO 80831
Contact:    (719) 495-5536

REGION #3 (14)

Date:    Friday, October 18th – 2:00 PM
Site:    City Park
         1700 Fillmore St.
         Denver, CO 80206
Director:    Steve Kohuth
Host School:    Denver East High School
                1600 City Park Esplanade
                Denver, CO
Contact:    (729) 423-8300
CLASS 4A (Continued)

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

Date: Thursday, October 17<sup>th</sup> – 2:30 PM  
Site: Lyons High School  
100 McConnell Dr.  
Lyons, CO 80540  
Director: Mark Roberts and Jason Maguire  
Host School: Lyons High School  
100 McConnell Dr.  
Lyons, CO 80540  
Contact: (303) 823-6631

REGION #5 (13)
Canon City, Cheyenne Mountain, Coronado, Durango, Mesa Ridge, Montrose*, Pueblo Centennial, Pueblo Central, Pueblo County, Pueblo East, Pueblo South, Pueblo West, Widefield

Date: Friday, October 18<sup>th</sup> – 3:40 PM  
Site: Confluence Park  
Gunnison River Drive  
Delta, CO 81416  
Director: Brian Simpson  
Host School: Montrose High School  
P.O. Box 10500  
Montrose, CO 81402  
Contact: (970) 240-6413

* - 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.
2019 BOYS’ & GIRLS’ CROSS COUNTRY REGIONALS
(All TBA’s will be updated on the website as information is available to CHSAA)

CLASS 5A
(Schools may be added or deleted from regional based on ability to field teams)

REGION #1 (12)
Arapahoe, Aurora Central, Cherokee Trail, Cherry Creek, Eaglecrest*, Gateway, Grandview, Hinkley, Overland, Rangeview, Regis Jesuit, Smoky Hill

Date: Thursday, October 17th, 2019 – 3:00 PM
Site: Aurora Sports Park
19300 E. Colfax Ave
Aurora, CO 80011
Director: Vince Orlando
Host School: Eaglecrest High School
5100 S. Picadilly St.
Centennial, CO 80015
Contact: (720) 886-1085

REGION #2 (13)
Arvada West, Bear Creek, Chatfield*, Columbine, Dakota Ridge, Fruita Monument, Grand Junction, Heritage, Highlands Ranch, Lakewood, Mountain Vista, ThunderRidge, Valor Christian

Date: Thursday, October 17, 2019 – 3:30 PM
Site: Aurora Sports Park
19300 Colfax Ave
Aurora, CO 80011
Director: Craig Auckland
Host School: Chatfield High School
7227 S. Simms Street
Littleton, CO 80127
Phone: (303) 982-3576

REGION #3 (12)
Boulder, Broomfield, Denver East*, Denver South, Fairview, Legacy, Monarch, Northglenn, Pomona, Ralston Valley, Thornton, Westminster

Date: Friday, October 18th – 3:00 PM
Site: City Park
1700 Fillmore St.
Denver, CO 80206
Director: Steve Kohuth
Host School: Denver East High School
1600 City Park Esplanade
Denver, CO
Contact: (729) 423-8300
CLASS 5A (Continued)

REGION #4 (12)
Adams City, Brighton, FNE Warriors, Fort Collins*, Fossil Ridge, Greeley West, Horizon, Loveland, Mountain Range, Poudre, Prairie View, Rocky Mountain

**Date:** Thursday, October 17th – 4:00 pm  
**Site:** Spring Canyon Park  
2626 W. Horsetooth Road  
Fort Collins, CO 80526  
**Director:** Tom Ruthven  
**Host School:** Fort Collins High School  
3400 Lambkin Way  
Fort Collins, CO 80525  
**Contact:** (970) 488-8001

REGION #5 (12)
Castle View, Chaparral, Doherty, Douglas County*, Fountain-Fort Carson, Legend, Liberty, Palmer, Pine Creek, Rampart, Rock Canyon, Vista Ridge

**Date:** Thursday, October 17th – 2:30 PM  
**Site:** Monument Valley Park  
W. Fontanero Street & Culebra Avenue  
Colorado Springs, CO 80903  
**Director:** Jeff Gardella  
**Host School:** Douglas County High School  
2842 Front St.  
Castle Rock, CO 80104  
**Phone:** (303) 387-1206

* 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

(77th Annual Boys – 42nd Annual Girls)

DATE
Saturday, October 26, 2019

SITE
Norris Penrose Event Center, Colorado Springs

HOST
CHSAA, Cheyenne Mountain High School, Runner’s Roost

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

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

COURSE DIRECTOR
Gary Staines, Special Events Runner’s Roost

TIME SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>2A Boys</td>
</tr>
<tr>
<td>9:40</td>
<td>4A Girls</td>
</tr>
<tr>
<td>10:20</td>
<td>2A Girls</td>
</tr>
<tr>
<td>11:00</td>
<td>4A Boys</td>
</tr>
<tr>
<td></td>
<td>Unified Race – 11:40</td>
</tr>
<tr>
<td>12:20</td>
<td>3A Girls</td>
</tr>
<tr>
<td>1:00</td>
<td>5A Boys</td>
</tr>
<tr>
<td>1:40</td>
<td>3A Boys</td>
</tr>
<tr>
<td>2:20</td>
<td>5A Girls</td>
</tr>
</tbody>
</table>

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 race and all team awards will be presented following the last race of their classification.

**CHECK IN**

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

**FINISHING RESULTS**

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

**COURSE WALK THROUGH**

No teams or individuals will be allowed on the State Cross Country Course the week of state. This includes Norris Penrose and Bear Creek. Due to the course being prepared for the state meet, this will eliminate confusion on where you are allowed to be. The ONLY time schools/team will be allowed on the state cross country course for a walk/run through will be on the Friday prior to the state meet from 3:00 pm and conclude by 6:00 pm. 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 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 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
Coaches (not regional directors) will be responsible for competitor’s entries into the “champion chip” system.

ENTRIES TO STATE

THESE ENTRIES MUST BE INPUT NO LATER THAN 10:00 PM SUNDAY, OCTOBER 20

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”.
• Once the rosters are entered or edited, they need to be assigned to the correct meet. This can be done in the bottom section of the web page.

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.

ChampionChip Minnesota is the official timer for the 2019 CHSAA State Cross Country Championships

PARALYMPIC/UNIFIED RACE

You may register your athletes for the Paralympic/Unified race at the state cross country meet by going HERE.

It is important, critical even, that those who are not already deeply familiar with the online registration process click on the Online Registration Instructions link on the registration page before beginning registration. It is highly likely that athletes will have to be added to the school roster to complete the process. In this sense, it may be simpler to have the regular cross country coach from the school do the registration of Paralympic/Unified athletes even if that coach will not be directly responsible for those athletes at the state meet.

2019 Paralympic / Unified Cross Country Course
*Distance estimated to be approximately 2.75K (about 1.7 miles)*
**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.

**LEGAL UNIFORMS:**
Please refer to page 4

**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 26, at the meet headquarters. You can pick up packets for all classifications. Packets will include: individual bibs (assigned), safety pins, course map, alley assignments, meet instructions, and coach passes (2). A list of instructions for the use of coach passes will also be included.

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

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

**STATE SITE INFORMATION (from Site Director)**
The Norris Penrose Event Center:

3. 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 20, 2018. 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.

Additional certificates will also be available at the inquiry table.

**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 2019 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 25 in the garden atrium at the Hotel Eleganté (2886 S. Circle Drive, Colorado Springs, CO 80906).
Sizes: small, medium, large, x-large, xx-large, xxx-large

KUKULSKI BROTHERS
Website: https://kukulskibrothers.myshopify.com/
E-Mail: orders@kukulskibrothers.net
Phone: (602) 386-3460

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 an illegal uniform will be given to each athlete at the time of initial check-in and when they receive their wristband.
• An athlete with an illegal uniform will receive a warning. He/she will be told to make the uniform right. If they return and have not changed or altered the uniform, they will then be disqualified.
The Hotel Eleganté 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 **$87.00** (plus tax)

**Valid October 24-October 26, 2019**

For Reservations, call 1-800-981-4012

Please enter group code: 2369719 or ask for “State Cross Country Meet”
Please book your room no later than **October 22, 2019**!

---

**The Hotel Eleganté 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 Café 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 Colorado Creamery Ice Cream and much more!

2886 S. Circle Drive, Colorado Springs, CO 80906
(719) 576-5900
COURSE MAP OF NORRIS PENROSE EVENT CENTER

PLEASE CLICK ON THE FOLLOWING LINK FOR COURSE MAP

http://www.usatf.org/routes/view.asp?rID=566050
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)