2020 Cross Country Bulletin

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

All editorial changes will appear in green

All new changes will appear in blue

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

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CHSAA CONTACT: Lane Ververs, (303) 344-5050 – lververs@chsaa.org
CHSAA CROSS COUNTRY INFORMATION: www.chsaaNOW.com/sports/cross-country/
http://www2.chsaa.org/sports/xcountry/
CHSAA CROSS COUNTRY MODIFICATION

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

STUDENTS, COACHES & VOLUNTEERS SHOULD NOT GO TO PRACTICE/PARTICIPATE IF:

- According to the CDC, people with COVID-19 have had a wide range of symptoms reported—ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell. Those who are exhibiting any symptoms of the COVID-19 or been in contact with someone with COVID-19 in the last 14 days, should not attend or participate in practice or competitions.

PREPARING TO PRACTICE

Protect against infection by:

- Wash your hands with soap and water (for 20 seconds or longer) or use a hand sanitizer if soap and water are not readily available prior to practice.
- Clean and wipe down your equipment, including water bottles. Do not share any other equipment such as watches, glasses, hats, and towels.
- Bring a full water bottle to avoid touching a tap or water fountain handle.
- When not actively running, please adhere to all proper personal protective equipment (PPE) and facemask protocols.
- If you need to sneeze or cough, do so into a tissue or upper sleeve. Dispose of the tissue in a trash can. Use hand sanitizer.
- Arrive as close as possible to when you need to be at practice and maintain social distancing at all times.
- Avoid touching common areas such as doors, benches, handrails, etc., when possible.

*Daily screenings must happen before anyone can play, coach, or practice (CHSAA Symptom Tracker)*

WHEN PRACTICING

- Try to stay at least 30 feet apart from other runners during practice. Do not make physical contact with anyone (such as running with, shaking hands or a high five).
- Appropriate social distancing (minimum 6 feet) will need to be maintained around the exterior of the course.
- Avoid touching your face – especially nose and eyes.
- No SPITTING or secretions from the nose.
- Do not share food, drinks, towels, or personal equipment.
- Remain apart from other runners when taking a break or receiving instruction from coaches.
- Water bottles, bags and all personal equipment must remain 6 feet away from the belongings of any other person.
- Require spectators/managers/coaches/officials to wear masks – everyone but those on the course. Athletes in the start line will wear a mask until their flight.

AFTER PRACTICING

- Wash your hands thoroughly (avoid locker rooms/bathrooms all at once) or use a hand sanitizer until you are able to wash your hands.
- Do not use the locker room or changing area. Shower at home.
- No extra-curricular or social activity should take place.
- No prolonged congregation after practice. All players should leave the facility immediately after practice.
MODIFIED REGULAR SEASON & PLAYOFF FORMAT
Numbers are based on state guidelines. The number of athletes per team will be reduced by 1 for all classifications in the post season to allow for more teams to be able to participate.

REGULAR SEASON PARTICIPATION NUMBERS
- First official practice: August 12
- The regular season is reduced from 10 weeks to 8 weeks, exclusive of regionals and state.
- No individual may participate in more than 7 regularly scheduled cross country meets, exclusive of regional and state meets.
- 2 races of 50 athletes per race will be allowed at regular season meets.
  - Must start in waves of no more than 25 athletes.
- Teams are allowed to bring as many runners to a meet as will allow for the meet to remain in compliance with the maximum of 50 athletes per race.

CHSAA REGIONAL PARTICIPATION NUMBERS
- 75 athletes per gender will be allowed at the regional meets.
- There will be no additional "pushers"/runners, even if numbers allow, so 5 runners for 2A, 6 runners for 3A/4A/5A to meet guidelines.
- Schedules should be based on clearing spectators and teams as soon as they are finished. Example: Boys’ race (no more than 75), clear, then do Girls’ race (no more than 75).
- The 2020 CHSAA Cross Country Regional Format can be found HERE.

CHSAA STATE CHAMPIONSHIP PARTICIPATION NUMBERS
- State Championship Date: October 17, 2020.
- 100 athletes per gender, per classification, will be allowed at the state meet.
- 2A will run 5, score 4, and 3A/4A/5A will run 6, score 5.
- 2A: Top 4 teams (instead of 5) from Class 2A Regionals = 16 teams
  - 16 teams x 5 runners per team = 80 athletes
    - 5 Individuals – top 5 finishers (not qualified through their team) per region x 4 regions = 20 individuals
    - Total Individuals = 100
- 3A-5A: Top 3 teams (instead of 4) from Class 3A-5A Regionals = 15 teams
  - 15 teams x 6 runners per team = 90 athletes
    - 2 Individuals – top 2 finishers (not qualified through their team) per region x 5 regions = 10 individuals
    - Total Individuals = 100
SCHEDULE (Paired classification together to get them in together and out together)

- 4A Boys – 9:45
- 4A Girls – 10:30
- 3A Boys – 12:00
- 3A Girls – 12:45
- Unified Race – 1:15
- 2A Boys – 2:00
- 2A Girls – 2:45
- 5A Boys – 4:00
- 5A Girls – 4:45

MEET REQUIREMENTS

- Instead of additional event staff serving as course marshals, coaches should fill this role to limit additional bodies.

START

- There are two options for the start: a Wave Format or a Time-Trial Format.
- All regional meets will be a wave start
  - Wave Start: The field of 50 athletes may be broken into 2 waves of 25, and they must start at least 2 minutes apart.
  - Time-Trial Start: The field of 50 should be rank ordered from fastest to slowest (seed times).
    - 15 - 30 yard separation between runners (essentially every 2 - 4 seconds next athlete would depart)
    - This will allow 45 - 90 feet at the start between competitors
    - Ideally, a timing mat with bib/chip timing will be used for the start and finish, results based on times
  - Athletes will come to the start line masked. They may not drop it or take it off until they begin running. The athlete will be required to keep the mask with them throughout the duration of the race. Coaches will not be allowed to take a mask from their athlete at the start line before the start of the race.
    - Lead bike – 50 yards in front of athletes
    - Sweeper – 70 yards behind last runner

FINISH

- Finish areas should be widened sufficiently to allow for athletes to adequately space themselves when crossing the finish line
- Athletes will be required to reapply their mask at the finish. Coaches will not be allowed in the finish area and are not allowed to collect masks from their athletes.

PARTICIPANTS

- Varsity meets only (No more than 50 per race (regular season))
AWARDS

- Individual awards recipients must be separated by 6ft or more and athletes would wear a mask.
- Team awards
  - One person should accept the trophy, and they must wear a mask.
- All results must be digital (posted on a website to drive people digitally).
- No congregating to review results.
- All team areas should be spread out with appropriate social distancing.

MEDIA

- COVID-19 Pandemic Media Note:
  Schools and/or school districts will have the final word on how media may or may not access contests during this unprecedented time. CHSAA recommends no practice access be granted to maintain health and safety of all concerned. The decisions will be the sole determination of the school/school districts based on recommendations from local, county, state and federal health guidelines. Schools and school districts should require all media to hold a CHSAA-issued credential. At CHSAA playoff events, passes will be issued up to five days in advance of an event. After that, provisional passes may be accessed on site, with a letter from the assignment editor. CHSAA will limit access to its events based on local, state and national social distancing guidelines. All media will be required to wear face coverings. Additional access through technology is also being explored. Media members are expected to cooperate with school/school district and CHSAA decisions regarding access to students, coaches and events.

MEDICAL

- Medical area/tents should be spread out so no more than one athlete is in the tent at one time to receive care.

REGULAR SEASON MEET CHECK LIST

- Secure facility & timing company
- Follow all NFHS course markings and measurements
- Secure certified officials. The list of certified officials can be found HERE.
  - Certified officials are required at regular season cross country meets
    - 1-9 teams – 1 Official
    - 10-19 teams – 2 Officials
    - 20-39 teams – 3 Officials
    - 40+ teams – 4 Officials
- Secure additional essential workers.
  - Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, etc.
- Secure a specified open area for media
- Confirm with local parks, facilities, and health departments if there are stricter standards on number of spectators.
- All workers, officials, spectators, and participants who are not currently running must wear a mask.
- Starts should be in wave starts of no more than 25. There must be 2 minutes in between waves.
- All athletes should be masked at the start line and can lower their mask once they have left the start line. Participants’ masks must be reapplied at the finish.
- Coaches will not be allowed to take a mask from their athlete at the start line before the start of the race.
- Coaches will not be allowed in the finish area and are not allowed to collect masks from their athletes.
- It is recommended that there be no shared equipment, including communicable water jugs. Please ask participants, coaches, and workers to bring their own water. If cups are used at the finish, they would need to be spread out and individualized.
• Have additional new masks at the finish for any competitors who finish without one.
• Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
• All schedules should be based on clearing spectators and teams as soon as they are finished. Running the same classification back-to-back is recommended to clear spectators efficiently after that classification has completed their races.
• Officials pay for Cross Country is $45.90

REGIONAL MEET CHECK LIST
• Secure facility & timing company
• Follow all NFHS course markings and measurements
• Secure certified officials – 4 is required at all regionals. Please let us know if you are struggling to find officials. The list of certified officials can be found HERE.
• Secure additional essential workers.
  ○ Ex. Announcer, Awards Coordinator, Media Liaison, Workers Liaison, etc.
• Secure a specified open area for media
• Instead of additional event staff serving as course marshals, coaches should fill this role to limit additional bodies.
• Please provide clear instructions to coaches regarding pre-regional requirements, regional meet information and state meet information.
• Confirm with local parks, facilities, and health departments if there are stricter standards on number of spectators.
• All workers, officials, spectators, and participants who are not currently running must wear a mask.
• Regionals will be set up in wave starts of no more than 25. There must be 2 minutes in between waves. (Regionals that use the time-trial starting format will determine intervals.)
• All athletes should be masked at the start line and can lower their mask once they have left the start line. Participants’ masks must be reapplied at the finish.
• Coaches will not be allowed to take a mask from their athlete at the start line before the start of the race.
• Coaches will not be allowed in the finish area and are not allowed to collect masks from their athletes.
• It is recommended that there be no shared equipment, including communicable water jugs. Please ask participants, coaches, and workers to bring their own water. If cups are used at the finish, they would need to be spread out and individualized.
• Have additional new masks at the finish for any competitors who finish without one.
• Be sure to have an athletic trainer, AED available, and Emergency Action Plan laid out and practiced.
• All schedules should be based on clearing spectators and teams as soon as they are finished. Running the same classification back-to-back is recommended to clear spectators efficiently after that classification has completed their races.
• Regional awards will be delivered to you by October 7th
• Officials pay for Cross Country is $45.90

CHSAA CROSS COUNTRY Q&A
TO: ATHLETIC DIRECTORS/COACHES OF SCHOOLS PARTICIPATING IN CROSS COUNTRY

FROM: JENN ROBERTS-UHLIG, ASSISTANT COMMISSIONER

RE: 78th ANNUAL CHSAA HIGH SCHOOL BOYS’ CROSS COUNTRY SEASON
     43rd ANNUAL CHSAA HIGH SCHOOL GIRLS’ CROSS COUNTRY SEASON

The Colorado High School Activities Association would like to welcome you to the 78th/43rd fall season of the interscholastic boys and girls cross country season.

Although this season looks a little different, we are excited to be able to offer a modified season. The attached bulletin contains the modifications, guidelines, policies, bylaws, and changes that are critical for you, your student/athletes and your program. This resource is a tool that is meant to be used throughout the regular season and post season. This is only sport specific information. While bulletins are a resource tool they do not take the place of the By-laws and Constitution.

I look forward to serving as your cross-country commissioner for the 2020 season. The State Cross Country Meet will be held at Norris Penrose Event Center, Colorado Springs on October 17, 2020. I wish you and your student-athletes a rewarding season. Richie Madrid, Athletic Director at Del Norte High School will chair the committee until 2022. The meeting will be November 9, 2020 at 9:30 am. This meeting is scheduled for an online format via ZOOM.

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

Thank you again to Kris Roberts, Stan Lambros and Norris Penrose Event Center for hosting a fabulous 2019 State Cross Country Meet.

Sincerely,

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

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COACHES
YOU WILL BE RESPONSIBLE FOR SUBMITTING YOUR REGIONAL ENTRIES BY OCTOBER 10 @ 10:00pm
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CHSAA CROSS COUNTRY ADVISORY COMMITTEE

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

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

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) 2021  
Christopher.simpson@mcsd.org

Mike Hawkes  
Shining Mountain Waldorf High School (2A) 2023  
mikeh@smwaldorf.org

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

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

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

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

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

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

CHSAA COMMITTEE MEETING  
Monday, November 9, 2020. This meeting will be a virtual meeting via ZOOM. ZOOM meeting details will be sent to the membership one week prior to the meeting date. This is an open meeting. All coaches and AD’s are welcome to attend. If you plan on presenting a proposal or a topic for discussion, please contact Jenn Roberts-Uhlig, Assistant Commissioner (jrobertsuhslig@chsaa.org) at CHSAA or Richie Madrid, CHSAA Committee Chairperson (rmadrid@urtigers.co) so you can be placed on the agenda. Changes made at the meeting, pending the legislative council process, are in effect for the 2021 season.

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

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

   A. Class 2A will change from run 6 score 3 to run 6 score 4 format at the state meet.
   B. Require certified officials at regular season cross country meets
      a. 1-9 teams – 1 Official
      b. 10-19 teams – 2 Officials
      c. 20-39 teams – 3 Officials
      d. 40+ teams – 4 Officials

II. **RATIONALE:**

   A. Aligns with the state scoring format for 3A-5A, which is run 7 score 5.
   B. To ensure the NFHS and CHSAA rules are upheld in the regular season. This allows regular season competition to be consistent with post season competition.

III. **FINANCIAL IMPACT:**

   A. May add additional cost to schools.
   B. May add additional cost to hire officials.

IV. **DATES:**

Criteria for date selection:

Regionals – the **Thursday-Saturday** of Week 16.
State – the Saturday of Week 17.

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<th>2021 Dates</th>
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<td>October 21-23, 2021</td>
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<td><strong>October 31, 2020</strong></td>
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**Note:**
- October 8-10, 2020 (New Date)
- October 17, 2020 (New Date)
### V. Qualifying Format and Regional Assignment by Class:

**2020 2A Cross Country Regions**

(Enrollment – 1-320)

(20 – 60 – 70 – 75 Schools)

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<tr>
<td>Aurora West College Prep* (395)</td>
<td>Addenbrooke Classical Academy (142)</td>
</tr>
<tr>
<td>Byers (150.5)</td>
<td>CIVA Charter (188)</td>
</tr>
<tr>
<td>Clear Creek (220)</td>
<td>Colorado Springs Christian (279)</td>
</tr>
<tr>
<td><strong>Dawson School (254)</strong>*</td>
<td>Colorado Springs School (99)</td>
</tr>
<tr>
<td>Front Range Baptist (69)</td>
<td>Denver Academy (202)</td>
</tr>
<tr>
<td>Front Range Christian (141)</td>
<td>Denver Academy of Torah (23)</td>
</tr>
<tr>
<td>Heritage Christian (94)</td>
<td>Denver Christian (153)</td>
</tr>
<tr>
<td>Highland (285)</td>
<td><strong>Dolores Huerta (B) (210)</strong></td>
</tr>
<tr>
<td>Lake County (285)</td>
<td>Ellicott (288)</td>
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<tr>
<td>Lyons (201)</td>
<td>Fountain Valley (239)</td>
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<td>Merino (87)</td>
<td>Golden View Classical Academy (129)*</td>
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<tr>
<td>Nederland (120)</td>
<td>Kiowa (66)</td>
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<td><strong>Rocky Mountain Lutheran (58)</strong></td>
<td>Limon (139)</td>
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<td>Shining Mountain (70)</td>
<td>Lotus School for Excellence (358)</td>
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<tr>
<td>Strasburg (319)</td>
<td>Peyton (236)</td>
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<tr>
<td>Twin Peaks Charter (136)</td>
<td>Pikes Peak Christian (54)</td>
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<td>Wiggins (166)</td>
<td>Stratton Liberty (69)</td>
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<td>Caprock Academy (140)</td>
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<td>Buena Vista (280)</td>
<td>Colorado Rocky Mountain School (161)</td>
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<td>Crested Butte Community (222)</td>
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<td>Center (141)</td>
<td>Dolores (153)</td>
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<td><strong>Cripple Creek-Victor (84)</strong></td>
<td>Grand Valley* (329)</td>
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<td>Custer County (119)</td>
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<td>Lake City (21)</td>
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<tr>
<td>Moffat (35)</td>
<td>Mancos (130)</td>
</tr>
<tr>
<td>Monte Vista (282)</td>
<td>Meeker (203)</td>
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<tr>
<td>Platte Canyon (242)</td>
<td>Olathe (288)</td>
</tr>
<tr>
<td>Primo (186)</td>
<td><strong>Ouray (60)</strong>*</td>
</tr>
<tr>
<td>Rocky Ford (211)</td>
<td>Paonia (147)</td>
</tr>
<tr>
<td>Rye (215)</td>
<td>Rangely (122)</td>
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<tr>
<td>Sargent (107)</td>
<td>Soroco (110)</td>
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<td>Sierra Grande (66)</td>
<td>Telluride (289)</td>
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<td>St. Mary’s (Springs) (258)</td>
<td>West Grand (133)</td>
</tr>
<tr>
<td>Springfield (32)</td>
<td><strong>Thomas MacLaren (224)</strong>*</td>
</tr>
</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 4 to 8 members (score “4”).

Regionals take 30 teams.

Please see modifications at the front of the bulletin.

### 2020 3A Cross Country Regions
(Enrollment – 321-774)

<table>
<thead>
<tr>
<th>REGION 1 (12)</th>
<th>REGION 2 (13)</th>
<th>REGION 3 (15 – 14)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alamosa (602)</td>
<td>Banning Lewis Prep (337)</td>
<td>Academy, The (558)</td>
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<tr>
<td>Aspen (566)</td>
<td>Classical Academy, The (640)</td>
<td>Arrupe Jesuit (430)</td>
</tr>
<tr>
<td>Basalt (490)</td>
<td>Elizabeth (676)</td>
<td>Arvada+ (817)</td>
</tr>
<tr>
<td>Bayfield* (381)</td>
<td>Florence* (344)</td>
<td>Denver West (768)</td>
</tr>
<tr>
<td>Coal Ridge (573)</td>
<td>Harrison+ (1049)</td>
<td>DSST Conservatory Green^ (303)</td>
</tr>
<tr>
<td>Delta (587)</td>
<td>James Irwin (404)</td>
<td>DSST Green Valley (551)</td>
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<tr>
<td>Gunnison (398)</td>
<td>La Junta (377)</td>
<td>DSST Montview (580)</td>
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<td>Middle Park (385)</td>
<td>Lamar (428)</td>
<td>Holy Family* (691)</td>
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<td>Moffat County (583)</td>
<td>Lutheran (595)</td>
<td>Jefferson Academy (423)</td>
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<tr>
<td>Montezuma-Cortez (647)</td>
<td>Manitou Springs (492)</td>
<td>Lincoln+ (949)</td>
</tr>
<tr>
<td>Pagosa Springs (490)</td>
<td>Salida (378)</td>
<td>Lotus School for Excellence (358)</td>
</tr>
<tr>
<td>Rifle (756)</td>
<td>Sierra+ (875)</td>
<td>Peak to Peak (593)</td>
</tr>
<tr>
<td></td>
<td>Woodland Park (762)</td>
<td>Pinnacle, The (536)</td>
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<tr>
<td></td>
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<td>Prospect Ridge (410)</td>
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<td>Stargate (396)</td>
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<table>
<thead>
<tr>
<th>REGION 4 (15 – 14 – 13)</th>
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<tbody>
<tr>
<td>Berthoud (677)</td>
<td>Colorado Academy (413)</td>
</tr>
<tr>
<td>Brush (447)</td>
<td>D’Evelyn (607)</td>
</tr>
<tr>
<td>Eaton (557)</td>
<td>DSST Evelyn (399)</td>
</tr>
<tr>
<td>Estes Park (333)</td>
<td>DSST College View (513)</td>
</tr>
<tr>
<td>Fort Lupton (662)</td>
<td>Englewood (B)/ St. Mary’s Acad. (G)* (519/770)</td>
</tr>
<tr>
<td>Frontier Academy* (358)</td>
<td>Faith Christian (352)</td>
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<tr>
<td>Liberty Common (348)</td>
<td>Jefferson (410)</td>
</tr>
<tr>
<td>Northridge+ (1137)</td>
<td>Kennedy+ (952)</td>
</tr>
<tr>
<td>Platte Valley (351)</td>
<td>Kent Denver (484)</td>
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<tr>
<td>Resurrection Christian^ (298)</td>
<td>KIPP Denver Collegiate (457)</td>
</tr>
<tr>
<td>Severance (330)</td>
<td>Machebeuf (362)</td>
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<tr>
<td>Sterling (519)</td>
<td>Ridge View Academy (B)</td>
</tr>
<tr>
<td>University (605)</td>
<td>Sheridan (346)</td>
</tr>
<tr>
<td>Valley (573)</td>
<td>SkyView Academy (321)</td>
</tr>
<tr>
<td>Weld Central (641)</td>
<td>STRIVE Prep – SMART (489)</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.

Please see modifications at the front of the bulletin.
## 2020 4A Cross Country Regions
(Enrollment – 775-1566)
(66 – 65 – 64 Schools)

<table>
<thead>
<tr>
<th>REGION 1 (13)</th>
<th>REGION 2 (13)</th>
<th>REGION 3 (13 – 12 – 11)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battle Mountain (961)</td>
<td>Air Academy (1356)</td>
<td>Almeda International (775)</td>
</tr>
<tr>
<td>Central-Grnd Jnct.+ (1588)</td>
<td>Aurora Central+ (1716)</td>
<td>Bear Creek (1530)</td>
</tr>
<tr>
<td>Conifer (856)</td>
<td>Coronado (1297)</td>
<td>Centaurus (1308)</td>
</tr>
<tr>
<td><strong>Eagle Valley (972)</strong></td>
<td>Discovery Canyon (1149)</td>
<td>Denver North (1051)</td>
</tr>
<tr>
<td>Evergreen (1075)</td>
<td>Falcon (1275)</td>
<td><strong>Denver South+ (1578)</strong></td>
</tr>
<tr>
<td>Glenwood Springs (988)</td>
<td><strong>Gateway (1520)</strong></td>
<td>George Washington (1163)</td>
</tr>
<tr>
<td>Golden (1329)</td>
<td>Lewis-Palmer (1146)</td>
<td>Niwot (1170)</td>
</tr>
<tr>
<td>Grand Junction (1552)</td>
<td>Littleton (1254)</td>
<td>Northfield (824)</td>
</tr>
<tr>
<td>Green Mountain (1102.5)</td>
<td>Palmer (1560)</td>
<td>Regis Groff (897)</td>
</tr>
<tr>
<td>Mullen (884)</td>
<td>Palmer Ridge (1224)</td>
<td>Skyview (955)</td>
</tr>
<tr>
<td>Palisade (1012)</td>
<td>Ponderosa (1388)</td>
<td>Standley Lake (1345)</td>
</tr>
<tr>
<td>Steamboat Springs (830)</td>
<td>Sand Creek (1197)</td>
<td>Thomas Jefferson (1153)</td>
</tr>
<tr>
<td>Summit (955)</td>
<td>Wheat Ridge (1186)</td>
<td>Vista Peak (1383)</td>
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<thead>
<tr>
<th>REGION 4 (14)</th>
<th>REGION 5 (13)</th>
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<tbody>
<tr>
<td><strong>Erie (1341)</strong></td>
<td>Canon City (1042)</td>
</tr>
<tr>
<td>Frederick (1076)</td>
<td>Cheyenne Mountain (1291)</td>
</tr>
<tr>
<td>Fort Morgan (908)</td>
<td>Durango (1187)</td>
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<tr>
<td>Greeley Central (1545)</td>
<td>Mesa Ridge (1286)</td>
</tr>
<tr>
<td>Longmont (1293)</td>
<td>Mitchell (1236)</td>
</tr>
<tr>
<td>Mead (1124)</td>
<td>Montrose (1302)</td>
</tr>
<tr>
<td>Mountain View (1203)</td>
<td><strong>Pueblo Centennial (1069)</strong></td>
</tr>
<tr>
<td>Riverdale Ridge^ (543)</td>
<td>Pueblo Central^ (743)</td>
</tr>
<tr>
<td>Roosevelt (1055)</td>
<td>Pueblo County (1042)</td>
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<tr>
<td>Silver Creek (1406)</td>
<td>Pueblo East (1008)</td>
</tr>
<tr>
<td>Skyline (1429)</td>
<td>Pueblo South (1063)</td>
</tr>
<tr>
<td>Thompson Valley (1087)</td>
<td>Pueblo West (1408)</td>
</tr>
<tr>
<td>Thornton+ (1701)</td>
<td>Widefield (1342)</td>
</tr>
<tr>
<td>Windsor+ (1588)</td>
<td>**</td>
</tr>
</tbody>
</table>

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Please see modifications at the front of the bulletin
**2020 5A Cross Country Regions**  
(Enrollment – 1567-up)  
(56 Schools)

<table>
<thead>
<tr>
<th>REGION 1 (11)</th>
<th>REGION 2 (12)</th>
<th>REGION 3 (11)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arapahoe (2251)</td>
<td>Arvada West (1784)</td>
<td>Adams City (1976)</td>
</tr>
<tr>
<td>Cherokee Trail (2844)</td>
<td>Bear Creek^ (1530)</td>
<td>Boulder (2086)</td>
</tr>
<tr>
<td>Cherry Creek (3728)</td>
<td>Chatfield (1806)</td>
<td>Broomfield^ (1559)</td>
</tr>
<tr>
<td>Eaglecrest (3046)</td>
<td>Columbine (1703)^</td>
<td>Denver East (2603)</td>
</tr>
<tr>
<td>Grandview (2896)^</td>
<td>Dakota Ridge^ (1460)</td>
<td>Fairview (2174)^</td>
</tr>
<tr>
<td>Hinkley (2138)</td>
<td>Fruita Monument (1827)</td>
<td>Legacy (2410)</td>
</tr>
<tr>
<td>Overland (2418)</td>
<td>Heritage (1692)</td>
<td>Monarch (1706)</td>
</tr>
<tr>
<td>Rangeview (2227)</td>
<td>Highlands Ranch (1688)</td>
<td>Northglenn (2064)</td>
</tr>
<tr>
<td>Regis Jesuit – B^ (1876)</td>
<td>Lakewood (2077)</td>
<td>Pomona^ (1339)</td>
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<tr>
<td>Regis Jesuit – G^ (1466)</td>
<td>Mountain Vista (2332)</td>
<td>Ralston Valley (1819)</td>
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<tr>
<td>Valdosta (2030)</td>
<td></td>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REGION 4 (11)</th>
<th>REGION 5 (11)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brighton (1783)</td>
<td>Castle View (2187)</td>
</tr>
<tr>
<td>Far Northeast (2840)</td>
<td>Chaparral (2259)</td>
</tr>
<tr>
<td>Fort Collins (1838)</td>
<td>Doherty (2001)</td>
</tr>
<tr>
<td>Fossil Ridge (2041)^</td>
<td>Douglas County (1863)</td>
</tr>
<tr>
<td>Greeley West (1567)</td>
<td>Ft. Ft. Carson (1790)^</td>
</tr>
<tr>
<td>Horizon (2008)</td>
<td>Legend (2211)</td>
</tr>
<tr>
<td>Loveland (1629)</td>
<td>Liberty (1592)</td>
</tr>
<tr>
<td>Mountain Range (1989)</td>
<td>Pine Creek (1623)</td>
</tr>
<tr>
<td>Poudre (1802)</td>
<td>Rampart (1641)</td>
</tr>
<tr>
<td>Prairie View (1905)</td>
<td>Rock Canyon (2266)</td>
</tr>
<tr>
<td>Rocky Mountain (2014)</td>
<td>Vista Ridge (1605)</td>
</tr>
</tbody>
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VI. **INFORMATIONAL ITEMS:**
State Cross Country will be held at the Norris Penrose/Bear creek site for the next 4 years (2020 – 2023).

VII. **COMMITTEE MEMBERS:**
Rick Macias, Chairperson, Pueblo School District #60 (2nd term, 2020); Jon Dalby (2020); Brady Archer, Mancos (2020); Brian Simpson, Montrose (2021); Amy Farmer, Hinkley (2022); Leslie Rosenbaum, Merino (2021); Jennifer Gregg, Falcon (2022); Scott Hodgson, Brush (2022); Richie Madrid, Del Norte (2022); Scott Goheen, La Junta (2022)
MAJOR BYLAW CHANGES

MAJOR BYLAW CHANGES
2020-2021

1. ACTIVITY-ONLY MEMBER SCHOOLS
   -- Constitution & Bylaws, Article 6, Rule 600.4 .........................page 24

2. CLOC COMMITTEE – Sport & Activity Adjustment in Off Years
   -- Constitution & Bylaws, Article 15, Rule 1510 (e) ......................page 44

3. INTERNATIONAL STUDENTS
   -- Constitution & Bylaws, Article 18, Rule 1800.1 ......................page 66

4. RESTRICTED VARSITY ELIGIBILITY
   -- Constitution & Bylaws, Article 18, Rule 1800.47 .....................page 69

5. HOMELESS STUDENTS – ELIGIBILITY
   -- Constitution & Bylaws, Article 18, Rule 1870 .......................page 75

6. COACH EJECTION
   -- Constitution & Bylaws, Article 20, Rule 2010.3 (and table) .......page 86

7. HIGH SCHOOL/MIDDLE SCHOOL PRACTICE ALLOWED
   -- Constitution & Bylaws, Article 23, Rule 2310.1 ......................page 91

8. PRACTICE REQUIREMENT CHANGE
   -- Constitution & Bylaws, Article 23, Rule 2310.3 ......................page 92

9. TEAM COMPOSITION
   -- Constitution & Bylaws, Article 28, Rule 2850.1 .....................page 116

10. UNIFIED SPORTS
    -- Constitution & Bylaws, Article 45, Rule 4500, 4510, 4520 ... page 134

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.
# SEASON CALENDAR

**FIRST DAY OF PRACTICE** ................................................................. August 12, 2020  
(Practices and meetings cannot be conducted on Sundays)

**FIRST COMPETITION DATE** ............................................................. August 15, 2020

**ACT-TEST-DATE** ............................................................................. September 12, 2020  
October 24, 2020  
December 12, 2020

**SAT-TEST-DATE** ............................................................................. October 3, 2020  
November 7, 2020  
December 5, 2020

**CROSS COUNTRY REGIONALS COMPLETED** ....................................... October 8-10, 2020

**REGIONAL ENTRIES TO STATE** *(SUBMITTED BY COACHES)* Due by Saturday, October 10, 2020 *(11:59 pm)*

**STATE CROSS COUNTRY (ALL CLASSES)** ......................................... Saturday, October 17, 2020  
SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS

**CROSS COUNTRY COMMITTEE MEETING** ........................................... Monday, November 9, 2020  
(9:30 am – virtual via ZOOM)

**CHSAA LEGISLATIVE COUNCIL MEETINGS** ....................................... April 20, 2021

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**COVID-19 Pandemic Media Note:**  
Schools and/or school districts will have the final word on how media may or may not access contests during this unprecedented time. CHSAA recommends no practice access be granted to maintain health and safety of all concerned. The decisions will be the sole determination of the school/school districts based on recommendations from local, county, state and federal health guidelines. Schools and school districts should require all media to hold a CHSAA-issued credential.

At CHSAA playoff events, passes will be issued up to five days in advance of an event. After that, provisional passes may be accessed on site, with a letter from the assignment editor. CHSAA will limit access to its events based on local, state and national social distancing guidelines. All media will be required to wear face coverings. Additional access through technology is also being explored.

Media members are expected to cooperate with school/school district and CHSAA decisions regarding access to students, coaches and events.
SPORTS MEDICINE ADVISORY COMMITTEE
Sports Medicine Advisory Committee Handbook

SPORTSMANSHIP
CHSAA Game Management & Sportsmanship Expectation Guide

NATIONAL FEDERATION RULE CHANGES

For information on the 2020 Track and Field & Cross Country Rules Changes, please go HERE.

For information on the NFHS Track & Field and Cross Country Uniform Rules, please go HERE.
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® Spark™ 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:
National Oceanic and Atmospheric Administration: http://www.noaa.gov
CROSS COUNTRY REGULAR SEASON INFORMATION

COMPUTERIZED TRANSPONDERS/CHIPS | REGULAR SEASON TIMING
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.** At regular season meets, hand timing, bib transponders and shoe chips are allowable methods for timing. Refer to rule 8, section 3, article 3 & 4 of the National Federation Rule Book.

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

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

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

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

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

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.
Dear Coaches,

On behalf of the CTFOA, we would like to welcome you to the 2020 Cross Country Season. As officials, we look forward to working with you and your student-athletes in collaboration to create a genuine & positive experience for all throughout the season. The expertise that you bring to the table as coaches is greatly appreciated. As officials, we often look to you for your input and insight into making the season a rewarding and enjoyable experience for yourself, your student-athletes, the fans and for Cross Country Officials alike.

The 2020 Track & Field & Cross Country NFHS Rule Book will govern this upcoming season, as was the case for the Spring 2020 T&F Season.

We once again wish you a productive & successful 2020 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 CHSAA rules and bylaws.

12. **CONTINUED DEVELOPMENT**
    A COACH will continue his or her own professional development through coaching clinics, and other learning tools. The coach will continually seek a mastery of coaching principles and techniques, and show interest in continual growth.

(adapted from NFHS, NHSACA, and CHSCA)
COACHES INFORMATION

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

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

PLAYING OF AN INELIGIBLE WILL RESULT IN FORFEITURE........... 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:

<table>
<thead>
<tr>
<th>Important CHSAA Bylaws</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching Registration (Article 16)</td>
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<tr>
<td>General Eligibility (Article 17)</td>
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<td>Transfer [Prior to and in-season] (Article 18)</td>
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<td>Recruiting (Article 19)</td>
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<td>Outside Competition (Article 21)</td>
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<td>Player and Coach Ejection (Article 22)</td>
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<td>Practice/Nine-Day Practice (Article 23)</td>
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<td>Penalties (Article 24)</td>
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<td>Officials (Article 27)</td>
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</table>
**REGIONAL INFORMATION**

### IMPORTANT DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>October 8 through</td>
<td>Regional Qualifying Meets (Regional list included)</td>
</tr>
<tr>
<td>October 10</td>
<td></td>
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</tbody>
</table>
| Saturday, October 10 | Coaches are responsible for entering their qualified athlete(s)/team into the state meet by 11:59 PM.  
|                   | Coaches submit team entries electronically by 10:00 pm               |
| Monday, November 9| Cross Country Committee Meeting (Virtual - ZOOM) – 9:30 am            |

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

### REGIONAL FORMAT

For details on the regional format, please see the [2020 CHSAA Cross Country Regional Format](#).

### 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

See CROSS COUNTRY Modifications at the front of the bulletin

### SCORING FOR REGIONALS

See CROSS COUNTRY Modifications at the front of the bulletin

### 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.

**COACHES POLLS**

- Coaches Polls:
  - Only those who have numbers that are on the edge or are going to be over the 75-athlete number will need to participate in the poll.
  - 5A regions will NOT participate in the coach’s polls based on their numbers. 5A has no region that will be over the 75-athlete number.
  - Regions within classifications other than 5A may not need to participate in the poll if their numbers are below the 75 athlete threshold.
  - You are only ranking and voting for those in your region.
  - We are looking for the top 10 teams for 3A/4A and 12 teams for 2A.
  - The remaining spots at regionals will be filled by athletes from non-qualified teams.
    - The remaining spots (15 for 2A, 3A & 4A) will be divided up equally amongst the non-qualified teams.
- Ex. A 4A region with 13 teams will qualify 10 teams. There will be 15 spots left for the remaining 3 non-qualified teams. Each of these three teams will be allotted 5 runners each (75 total athletes). If the region had 14 teams, each of the 4 non-qualified teams would be allotted 3 runners each (72 total athletes).

**WAVE SEEDING**

- To seed races for regionals – you will need to pull best 5K race time from this season.
  - *If an athlete does not have a 5K fastest time from this year. They will automatically be placed in the third wave.*
- Wave 1 – the fastest 25
- Wave 2 – the next fastest 25 and so on
- Waves of 25 (max) and minimum of 1-2 minutes between each race
# BOYS’ & GIRLS’ CROSS COUNTRY REGIONALS

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

## CLASS 2A

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

### REGION #1

**Date:** Thursday, October 8 – 12:30 (Boys) & 1:10 (Girls)

**Site:** Lyons High School  
100 McConnell Dr.  
Lyons, CO 80540

**Director:** Mark Roberts

**Host School:** Lyons High School  
100 McConnell Dr.  
Lyons, CO 80540

**Contact:** (303) 828-4213

### REGION #2

**Date:** Friday, October 9 – TBD  
Thursday, October 8 – TBD

**Site:** Monument Valley Park  
W Fontanero Street and Culebra Avenue  
Colorado Springs, CO 80903

**Director:** Derek Gilmore

**Host School:** Golden View Classical Academy  
601 Corporate Circle  
Golden, CO 80401

**Contact:** (720) 598-6700

### REGION #3

**Date:** Friday, October 9 – 9:00 AM (Girls) & 9:45 AM (Boys)

**Site:** Rocky Ford Jr/Sr High School  
100 W Washington Ave  
Rocky Ford, CO 81067

**Director:** Tammy Ridennoure

**Host School:** Rocky Ford Jr/Sr High School  
100 W Washington Ave  
Rocky Ford, CO 81067

**Contact:** (719) 254-7431

### REGION #4

**Date:** Friday, October 9 – 12:00 PM (Girls) & 12:30 PM (Boys)

**Site:** Confluence Park  
500 N. Palmer St.  
Delta, CO 81416

**Director:** Bernie Pearce

**Host School:** Ouray High School  
P.O. Box N  
Ouray, CO 81427

**Contact:** (970) 318-8585
# BOYS’ & GIRLS’ CROSS COUNTRY REGIONALS

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

## CLASS 3A

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

### REGION #1

**Date:** Friday, October 9 – **9:00 AM (Girls) & 10:00 AM (Boys)**

**Site:**
Hillcrest Golf Club  
2300 Rim Drive  
Durango, CO 81301

**Director:** Josh Walton  
**Host School:** Bayfield High School  
800 C.R. 501  
Bayfield, CO 81122  
**Contact:** (970) 884-9521

### REGION #2

**Date:** Friday, October 9 – **2:00 PM, 4:00 PM (Boys) & 4:45 PM (Girls)**  
**5:00 PM (Boys) & 5:45 PM (Girls)**

**Site:** Elmwood Golf Course – Short Nine (Pueblo)  
3900 Thatcher Ave  
Pueblo, CO 81005

**Director:** Rick Macias  
**Host School:** Florence High School  
315 W. 11th Street  
Florence, CO 81226  
**Contact:** (719) 549-7135

### REGION #3

<table>
<thead>
<tr>
<th>Date</th>
<th>TBD</th>
<th>Thursday, October 8 – 1:00 PM 3:00 PM</th>
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<tbody>
<tr>
<td>Site</td>
<td>Lyons High School Holy Family High School</td>
<td>Lyons High School Holy Family High School</td>
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<tr>
<td></td>
<td>100 McConnell Dr. 5195 W 144th Ave</td>
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<td>Lyons, CO 80540 Broomfield, CO 80023</td>
<td>Broomfield, CO 80023</td>
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<tr>
<td>Director</td>
<td>Mark Roberts Ben Peterson</td>
<td>Ben Peterson</td>
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<td>Host School</td>
<td>Lyons High School Holy Family High School</td>
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<td>100 McConnell Dr. 5195 W 144th Ave</td>
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<td>Lyons, CO 80540 Broomfield, CO 80023</td>
<td>Broomfield, CO 80023</td>
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<tr>
<td>Contact</td>
<td>(303) 828-4213</td>
<td>(303) 410-1411</td>
</tr>
</tbody>
</table>

### REGION #4

**Date:** Thursday, October 8 – TBD  
**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
CLASS 3A (Continued)

REGION #5

**Date:** Friday, October 9 – 4:00 PM & 5:00 PM

**Site:**
D'Evelyn High School/Fehringer Ranch Park
10359 West Nassau Ave.
Denver, CO 80235

**Director:**
Jerry McWhorter

**Host School:**
D'Evelyn High School
10359 West Nassau Ave.
Denver, CO 80235

**Contact:**
(303) 982-2625
BOYS’ & GIRLS’ CROSS COUNTRY REGIONALS
(All TBA’s will be updated on the website as information is available to CHSAA)

CLASS 4A
(Schools may be added or deleted from regional based on ability to field teams)

REGION #1

Date: Thursday, October 8 – 5:00 PM (Boys) & 5:45 PM (Girls)
Site: Gypsum Creek Golf Course
530 Cotton Ranch Drive
Gypsum, CO 81637
Director: Melinda Brandt
Host School: Eagle Valley High School
641 Valley Rd.
Gypsum, CO 81637
Contact: (970) 254-6200

REGION #2

Date: Friday, October 9 – 9:00 AM & 1:00 PM 10:30 AM
Site: Northwest Open Space
2100 W 112th Ave
Northglenn, CO 80234
Director: Brendan Netherton
Host School: Gateway High School
1300 S. Sable Blvd.
Aurora, CO 80012
Contact: (303) 326-1823
(303) 450-8800

REGION #3

Date: Thursday, October 8 – 2:30 PM (Boys) & 4:30 PM (Girls)
Site: Clement Park
7306 W. Bowles
Littleton, CO 80123
Director: Adam Kelsey
Host School: Denver South
1700 E. Louisiana Ave.
Denver, CO 80210
Contact: (303) 326-1823
(720) 423-6166
CLASS 4A (Continued)

REGION #4

Date: Thursday, October 8 – 4:30 (Boys & 5:10 (Girls)
Site: Lyons High School
100 McConnell Dr.
Lyons, CO 80540
Director: Mark Roberts
Host School: Lyons High School
100 McConnell Dr.
Lyons, CO 80540
Contact: (303) 828-4213

REGION #5

Date: Friday, October 9 – 2:00 PM
Saturday, October 10 10:00 AM (Boys) & 10:45 AM (Girls)
Friday, October 9 – 1:00 PM (Boys) & 1:45 PM (Girls)
Site: Elmwood Golf Course – Short Nine (Pueblo)
3900 Thatcher Ave
Pueblo, CO 81005
Director: Rick Macias/John Ward
Host School: Pueblo Centennial High School
2525 Mountview Dr
Pueblo, CO 81008
Contact: Rick – (719) 240-6402/John – (719) 299-8780
BOYS’ & GIRLS’ CROSS COUNTRY REGIONALS
(All TBA’s will be updated on the website as information is available to CHSAA)

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

REGION #1

Date: Thursday, October 8 – 11:00 AM (Boys) 12:00 PM (Girls)
Site: Arapahoe County Fairgrounds
      25690 E Quincy Ave
      Aurora, CO 80016
Director: John Walsh
Host School: Grandview High School
            20500 E. Arapahoe Road
            Aurora, CO 80016
Contact: (317) 752-9503

REGION #2

Date: Friday, October 9 – 4:00 PM (Boys) 11:00 AM (Boys) – 2:00 PM (Girls)
Site: Clement Park
      7306 W. Bowles Ave
      Littleton, CO 80123
Director: Emily Krause
Host School: Columbine High School
            6201 S. Pierce Street
            Littleton, CO 80123
Phone: (303) 982-4400

REGION #3

Date: TBD
Site: Lyons High School
      100 McConnell Drive
      Lyons, CO 80540
Northwest Open Spaces Park
      2100 W. 112th Ave.
      Lyons, CO 80540
Monarch High School
      329 Campus Drive
      Louisville, CO 80027
Director: Mark Roberts
          Alan Culpepper
Host School: Lyons High School
            100 McConnell Drive
            Lyons, CO 80540
Fairview High School
            1515 Greenbriar Blvd.
            Boulder, CO 80305
Contact: (303) 443-0553
        (303) 949-5303
CLASS 5A (Continued)

REGION #4

Date: Thursday, October 8 – 1:30 PM (Boys) & 2:30 PM (Girls)
Site: Spring Canyon Park, Adams County Fairground/Adams County Regional Park
3156 S. Overland Trail, 9755 Henderson Rd.
Fort Collins, CO 80525, Brighton, CO 80601

Director: Dani Cook
Host School: Fossil Ridge
5400 Ziegler Rd.
Fort Collins, CO 80528

Contact: Dani Cook (Head Coach) – (812) 322-7282
Brandon Carlucci (Athletic Director) – (970) 556-0027

REGION #5

Date: Thursday, October 8 - TBD
Site: Monument Valley Park
West Fontanero St. & Culebra Ave.
Colorado Springs, CO 80903

Director: Brandon Monson
Host School: Vista Ridge High School
6888 Black Forest Rd.
Colorado Springs, CO 80923

Phone: (719) 494-8800
STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION

STATE MEET INFORMATION
(78th Annual Boys – 43rd Annual Girls)

DATE
Saturday, October 17

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>
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<tbody>
<tr>
<td>9:45</td>
<td>4A Boys</td>
</tr>
<tr>
<td>10:30</td>
<td>4A Girls</td>
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<tr>
<td>12:00</td>
<td>3A Boys</td>
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<td>12:45</td>
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<td>4:00</td>
<td>5A Boys</td>
</tr>
<tr>
<td>4:45</td>
<td>5A Girls</td>
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</tbody>
</table>

Unified Race – 1:15

SCORING AT STATE
SEE the cross country modifications located at the front of the bulletin.

Individual runners are pulled out for purpose of team scoring.

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

INQUIRY TABLE-
All Packet errors must be taken to the Inquiry table
(scratch/add sheet will be in team packets)
Team Athlete Changes
Name/Team Corrections
Omitted Athletes
Protest
General Questions
APEALING 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
SEE the cross country modifications located at the front of the bulletin.

CHECK IN (RESTRICTED AREA)
- The check in, staging areas, wave and starting lines are all RESTRICTED areas.
- NO EARLY ENTRY - check time schedule to see when your wave checks in.
- Runners will be checked in as individuals, not as a team. Check your wave sheets to see when your check-in time is set for.
- NO COACHES, ALTERNATES, OR MANAGERS ALLOWED IN THE CHECK IN/START LINE AREA. Runners only (2A – 5 runners, 3A, 4A, 5A – 6 runners, plus individual runners)
- Runners will be given bibs and wrist bands in their team packet. Bibs will be plain white with a colored dot in the upper right-hand color indicating the classification. There will be a number in the middle of the circle indicating the wave that runner will be in. Wrist bands will be a matching color.
- SUBSTITUTIONS – replacement runner takes injured runners’ bib and wrist band and runs using injured runners name. They will run in the same box and wave as the injured runner.
- Officials will direct runners to designated check in tables for uniform, wrist band and bib check. Runners will be checked in individually according to the wave they run in, not by team
- Once runners are checked in they will be given 5 minutes for run outs (stage ONE) while the next wave is checked in.
- Runners will then be taken to the wave lines for final instructions (stage TWO).
- There will be ONE runner per box, moving up a wave line each time a wave has been checked in and completed their run outs. This process will continue until Wave ONE is at the start line. At this time each wave will be given the option for ONE additional run out before the race starts.
- At the start of each wave all runners will be given the option to remove their mask and secure it 30 seconds before the gun goes off for their wave start. Runners will need to keep their mask with them and put it back on after they cross the finish line.
- Waves go off 45 seconds at a time.
• There will be NO recall if a runner falls. Runners will need to get up and keep running. Runners have been placed 6 feet apart from each other on the start line to create space and separation.
• There will be the ability to pick-up athlete warm-up apparel during the check-in process.
• There will be no team cheers or huddles once teams/runners have entered the check-in area.

**STATE SCRIPT FOR WAVE OFFICIALS**

• Make sure that you line up in the middle of your box.
• You will have 45 seconds from the time the wave in front of you starts and your wave. Be ready to move up to the start line.
• Each wave start will go off with the firing of the gun.
• The starter will announce for you to remove your mask 30 seconds before the gun goes off if you want to and secure it. You will need to keep your mask with you and put it back on after you cross the finish line.
• Once your mask is removed stand perfectly still and be ready for the gun.
• There will be NO recall if a runner falls. If you fall get up and keep running. BE CAREFUL ON THE START.

**There will be NO further instructions just the start the race. Do you have any questions?**

**FINISHING RESULTS**

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

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

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

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

ENTRIES TO STATE
COACHES DO NOT NEED TO REGISTER THEIR ATHLETES FOR THE STATE MEET. THIS PROCESS WILL BE HANDLED AUTOMATICALLY BASED ON THE RESULTS OF THE REGIONAL MEETS. ONCE A FINAL LIST HAS BEEN COMPLETED, COACHES WITH QUALIFYING TEAMS WILL BE GIVEN THE OPPORTUNITY TO MAKE SUBSTITUTIONS IF NEEDED.

ENTRIES CAN BE VIEWED STARTING ON MONDAY (10/12). THESE WILL BE ABLE TO BE VIEWED BY CLICKING HERE.

SUBSTITUTIONS FOR TEAM QUALIFIERS or NOTIFICATION OF NOT RUNNING INDIVIDUAL QUALIFIERS WILL BE DONE BY EMAILING RAPID RESULTS TIMING TO craigbaileytrack@gmail.com BY THURSDAY 10/15 @ 12:00pm. CHANGES FOR TEAM QUALIFIERS AFTER THURSDAY CAN BE MADE AT THE STATE MEET AS IN THE PAST.

WHEN EMAILING craigbaileytrack@gmail.com FOR TEAM QUALIFIER SUBSTITUTIONS, PLEASE INCLUDE THE FOLLOWING INFORMATION:

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

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

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

PARALYMPIC/UNIFIED RACE
Registration information will be coming at a later date. Registration for the Paralympic/Unified Race will be done through MileSplit

The Paralympic/Unified course map can be found by clicking HERE.
**INJURED COMPETITOR**

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

**INHALERS**

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

**PARKING**

For those spectators planning to watch the meet from the allowable areas at Norris Penrose or the Bear Creek side of the course, please see the attached State XC Site Map for parking locations. The available parking locations are indicated on the map in the black outlined areas. Parking for these lots is $10. Spectators will need to walk through Norris Penrose to get to Bear Creek Park. Cars that park at Bear Creek Park East will be ticketed/towed.

**SPECTATORS VARIANCE**

Please see the State XC Site Map. Spectators must remain in the “Spectator Area” indicated on the State XC Site Map. We ask for your assistance in communicating this and ensuring this is adhered to. Spectators are also allowed on the Bear Creek side of the course. Spectators will not be allowed at the start or finish. You can access the event livestream by clicking HERE.

**LIVESTREAM**

Livestreaming of the event can be accessed by clicking HERE.

**SCHOOL PACKET PICK-UP**

You can pick-up your packet one hour and fifteen minutes prior to the start of your race. You may not pick-up your packet any earlier than one hour and fifteen minutes prior. The head coach is the only individual allowed at the packet pick-up area. The packet pick-up area will be located outside in front of the Norris Penrose Event Center. Coaches must turn in a current symptom tracker sheet at the time they pick-up their packet. You can find the “Daily Symptom Tracker” by clicking HERE.

**COACH PASS & WRISTBAND**

Two coaches per team will receive a pass and wristband when they pick-up their team packet. This pass and wristband must be on and visible at all times. If a coach does not have both a pass and wristband on, they will be asked to exit the Norris Penrose Event Center. This pass and wristband will only be valid during your classifications races. All coaches must exit the facility once their classification is complete.

**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.

**WAVE SEEDING**

2A (Run 5 – Score 4) – Based on individual finish at regional meet

- Each athlete in the ranking group 1 through 6 from each region will be placed into the 1st starting wave at the state meet. The next eligible finisher from each region will be entered into a random draw for the remaining spot in wave #1.
• The next 6 eligible athletes from each region will be placed into the 2nd starting wave. The next eligible finisher from each region will be entered into a random draw for the remaining spot in wave #2.

• The next 6 eligible athletes from each region will be placed into the 3rd starting wave. The next eligible finisher from each region will be entered into a random draw for the remaining spot in wave #3.

• The remaining athletes from each region will be placed into the 4th starting wave.

3A, 4A and 5A (Run 6 – Score 5) – Based on individual finish at regional meet

• Each athlete in the ranking group 1 through 5 from each region will be placed into the 1st starting wave at the state meet.

• Each athlete in the ranking group 6 through 10 from each region will be placed into the 2nd starting wave.

• Each athlete in the ranking group 11 through 15 from each region will be placed into the 3rd starting wave.

• Each athlete in the ranking group 16 through 20 from each region will be placed into the 4th starting wave.

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

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

• 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.**

• **Team camps information:**
  a. Please police your team camps for trash and athlete gear!
  b. Please keep your team camps near your transportation

**SUBSTITUTION FROM REGIONAL TO STATE**

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

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

**DO NOT CALL IN TEAM SUBSTITUTIONS.**

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

**TEAM RESULTS**
Team results will not be mailed. You can get the final individual and team results from the TBD website (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 CHSAA State Cross Country Meet T-shirts with four-color logo will be available at the state meet while they last. T-shirts can be purchased on Friday, October 16 at the Hotel Elegante (2886 S. Circle Drive, Colorado Springs, CO 80906). S, M, L, XL, XXL & XXXL sizes available

**KUKULSKI BROTHERS**
Website | E-Mail | Phone: (602) 386-3460 | Pre-Sale

**RETURNING FOR THEIR RACE**
Specific details regarding the “returning for their race” protocols at the state meet will be coming at a later date.

**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.

**STATE REMINDERS**
- Coaches Check-In
  - 1 hour and 15 minutes before
- Race Check-in Process
- Spectator expectations
- Mask Requirements
- 2 coaches passes and wrist bands
- Awards- will look different
- All results will be CHSAA Now
- Streaming will take place
- Once your classification is over, we need your help clearing facility. PLEASE communicate with your parents and communities.
- There will be a time schedule for athlete check-in in the email we will send as we head into the week of state.
TIME SCHEDULE

4A Boys – 9:45 am
Check in – 9:10 to 9:15 am – Wave FOUR
Check in – 9:15 to 9:20 am – Wave THREE
Check in – 9:20 to 9:25 am – Wave TWO
Check in – 9:25 to 9:30 am – Wave ONE

4A Girls – 10:30 am
Check in – 9:55 to 10:00 am – Wave FOUR
Check in – 10:00 to 10:05 am – Wave THREE
Check in – 10:05 to 10:10 am – Wave TWO
Check in – 10:10 to 10:15 am – Wave ONE

3A Boys – 12:00 pm
Check in – 11:25 to 11:30 am – Wave FOUR
Check in – 11:30 to 11:35 am – Wave THREE
Check in – 11:35 to 11:40 am – Wave TWO
Check in – 11:40 to 11:45 am – Wave ONE

3A Girls – 12:45 pm
Check in – 12:10 to 12:15 pm – Wave FOUR
Check in – 12:15 to 12:20 pm – Wave THREE
Check in – 12:20 to 12:25 pm – Wave TWO
Check in – 12:25 to 12:30 pm – Wave ONE

Unified Race – 1:15 pm
Check in – 1:05 pm

2A Boys – 2:00 pm
Check in – 1:25 to 1:30 pm – Wave FOUR
Check in – 1:30 to 1:35 pm – Wave THREE
Check in – 1:35 to 1:40 pm – Wave TWO
Check in – 1:40 to 1:45 pm – Wave ONE

2A Girls – 2:45 pm
Check in – 2:10 to 2:15 pm – Wave FOUR
Check in – 2:15 to 2:20 pm – Wave THREE
Check in – 2:20 to 2:25 pm – Wave TWO
Check in – 2:25 to 2:30 pm – Wave ONE

5A Boys – 4:00 pm
Check in – 3:25 to 3:30 pm – Wave FOUR
Check in – 3:30 to 3:35 pm – Wave THREE
Check in – 3:35 to 3:40 pm – Wave TWO
Check in – 3:40 to 3:45 pm – Wave ONE

5A Girls – 4:45 pm
Check in – 4:10 to 4:15 pm – Wave FOUR
Check in – 4:15 to 4:20 pm – Wave THREE
Check in – 4:20 to 4:25 pm – Wave TWO
Check in – 4:25 to 4:30 pm – Wave ONE
COURSE MAP OF NORRIS PENROSE EVENT CENTER

PLEASE CLICK ON THE FOLLOWING LINK FOR COURSE MAP

https://stampede.tierraplan.com/
The Hotel Elegante is proud to be the HOST hotel for the CHSAA State Cross Country Meet
We would like to extend a special rate of
$87.00 (plus tax)

Valid October 16 - October 18, 2020
For Reservations, call 1-800-981-4012
Hotel Reservation Contact: Amber Lang
Please reference group code: 2647837 or ask for “CHSAA - State Cross Country Meet”
Please book your room no later than October 13, 2020!

The Hotel Elegante Colorado Springs
Information needed from Participating Schools
Needed by October 13, 2020

- Rooming Lists - First & Last Names, Room Type,
  Arrival and Departure Dates
- Credit Card / P-Card Authorization for payment of rooms. Card will not
  be charged until 2 days prior to arrival
- Tax Exemption Documentation (must be provided for tax exemption)

Team Arrival Time to Hotel – We will be pre-keying team packets to simplify check in

2886 S. Circle Drive, Colorado Springs, CO 80906…719-576-5900
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)