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

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

8/28/2020
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, sunglasses, 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", 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)
- Regional qualifying platform coming soon

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.
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**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

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

Jennifer Gregg  
Falcon High School (4A) (2022)  
jgregg@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 (jrobertsuhlig@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.
CHSAA CROSS COUNTRY ADVISORY COMMITTEE REPORT

CHSAA LEGISLATIVE COUNCIL COMMITTEE REPORT FORM
April 15, 2020

CROSS COUNTRY

Rick Macias, Pueblo School District #60
Chair

CR 14
Report No.

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.

Regional Qualifying: October 22-24, 2020
October 21-23, 2021
October 8-10, 2020 (New Date)

State Championship: October 31, 2020
October 30, 2021
October 17, 2020 (New Date)
V. QUALIFYING FORMAT AND REGIONAL ASSIGNMENT BY CLASS:

2020 2A Cross Country Regions
(Enrollment – 1-320)
(70 – 69 – 70 Schools)

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<td>Byers (150.5)</td>
<td>CIVA Charter (188)</td>
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<td>Clear Creek (220)</td>
<td>Colorado Springs Christian (279)</td>
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<td><strong>Dawson School (254)</strong>*</td>
<td>Colorado Springs School (99)</td>
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<td>Front Range Baptist (69)</td>
<td>Denver Academy (202)</td>
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<td>Front Range Christian (141)</td>
<td>Denver Academy of Torah (23)</td>
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<td>Heritage Christian (94)</td>
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<td>Lake County (285)</td>
<td>Fountain Valley (239)</td>
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<td>Lyons (201)</td>
<td><strong>Golden View Classical Academy (129)</strong>*</td>
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<td>Merino (87)</td>
<td>Kiowa (66)</td>
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<td>Antonito (44)</td>
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<td>Sierra Grande (66)</td>
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<td>St. Mary’s (Springs) (258)</td>
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<tr>
<td>Springfield (32)</td>
<td>Telluride (289)</td>
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<td><strong>Thomas MacLaren (224)</strong>*</td>
<td>West Grand (133)</td>
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</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 20 teams.

Please see modifications at the front of the bulletin.
### 2020 3A Cross Country Regions
(Enrollment – 321-774)

#### REGION 1 (12 – 70 – 69 Schools)

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<tr>
<th>Region</th>
<th>Teams</th>
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<tr>
<td>Alamosa (602)</td>
<td>Banning Lewis Prep (337)</td>
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<tr>
<td>Aspen (566)</td>
<td>Classical Academy, The (640)</td>
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<tr>
<td>Basalt (490)</td>
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<tr>
<td><strong>Bayfield</strong> (381)</td>
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<tr>
<td>Coal Ridge (573)</td>
<td>Harrison+ (1049)</td>
</tr>
<tr>
<td>Delta (587)</td>
<td>James Irwin (404)</td>
</tr>
<tr>
<td>Gunnison (398)</td>
<td>La Junta (377)</td>
</tr>
<tr>
<td><strong>Middle Park</strong> (385)</td>
<td><strong>Lamar</strong> (428)</td>
</tr>
<tr>
<td>Moffat County (583)</td>
<td>Lutheran (595)</td>
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<tr>
<td>Montezuma-Cortez (647)</td>
<td>Manitou Springs (492)</td>
</tr>
<tr>
<td>Pagosa Springs (490)</td>
<td>Salida (378)</td>
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<tr>
<td>Rifle (756)</td>
<td>Sierra+ (875)</td>
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#### REGION 2 (13 – 70 – 69 Schools)

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<td>Arrupe Jesuit (430)</td>
<td>Arvada+ (817)</td>
</tr>
<tr>
<td><strong>Coal Ridge</strong> (1049)</td>
<td><strong>DSST Green Valley</strong> (551)</td>
</tr>
<tr>
<td>Broomfield (676)</td>
<td>DSST Montview (580)</td>
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<tr>
<td><strong>Crandon</strong> (542)</td>
<td><strong>Holy Family</strong> (691)</td>
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<tr>
<td><strong>Denver West</strong> (768)</td>
<td><strong>Lotus School for Excellence</strong> (359)</td>
</tr>
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#### REGION 3 (15 – 14 Schools)

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<tr>
<td>Academy, The (558)</td>
<td>Arvada+ (817)</td>
</tr>
<tr>
<td><strong>Broomfield</strong> (676)</td>
<td><strong>DSST Conservatory Green</strong>^ (303)</td>
</tr>
<tr>
<td><strong>Buena Vista</strong> (479)</td>
<td><strong>Jefferson Academy</strong> (423)</td>
</tr>
<tr>
<td><strong>Camp Verde</strong> (693)</td>
<td><strong>Lincoln+</strong> (949)</td>
</tr>
<tr>
<td><strong>Durango</strong> (381)</td>
<td><strong>Pine Creek</strong> (593)</td>
</tr>
<tr>
<td><strong>Eagle County</strong> (547)</td>
<td><strong>Prospect Ridge</strong> (410)</td>
</tr>
<tr>
<td><strong>Elyria Shanklin</strong> (396)</td>
<td><strong>Stargate</strong> (396)</td>
</tr>
</tbody>
</table>

#### REGION 4 (15 – 14)

<table>
<thead>
<tr>
<th>Region</th>
<th>Teams</th>
</tr>
</thead>
<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 Byers (399)</td>
</tr>
<tr>
<td><strong>Estes Park</strong> (333)</td>
<td><strong>DSST College View</strong> (513)</td>
</tr>
<tr>
<td>Fort Lupton (662)</td>
<td><strong>Englewood (B) / St. Mary’s Acad. (G)</strong>^ (519/770)</td>
</tr>
<tr>
<td><strong>Frontier Academy</strong> (358)</td>
<td>Faith Christian (352)</td>
</tr>
<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>
</tr>
<tr>
<td>Resurrection Christian^ (298)</td>
<td>KIPP Denver Collegiate (457)</td>
</tr>
<tr>
<td>Severance (330)</td>
<td>Machebeuf (362)</td>
</tr>
<tr>
<td><strong>Sterling</strong> (512)</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><strong>Weld Central</strong> (641)</td>
<td><strong>STRIVE Prep – SMART</strong> (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”). Regions take 20 teams.

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

<table>
<thead>
<tr>
<th>REGION 1 (13)</th>
<th>REGION 2 (13)</th>
<th>REGION 3 (13 - 12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battle Mountain (961)</td>
<td>Air Academy (1356)</td>
<td>Alameda International (775)</td>
</tr>
<tr>
<td>Central-Grnd Inct. (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 (883)</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>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>REGION 4 (14)</th>
<th>REGION 5 (13)</th>
</tr>
</thead>
<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>
</tr>
<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>
</tr>
<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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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 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>C	extit{olumbine} (1703)^*</td>
<td>Denver East (2603)</td>
</tr>
<tr>
<td>extit{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>
</tr>
<tr>
<td>Regis Jesuit – G^ (1466)</td>
<td>Mountain Vista (2332)</td>
<td>Ralston Valley (1819)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Valor Christian^ (1180)</td>
</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>extit{Fossil Ridge} (2041)^*</td>
<td>Douglas County (1863)</td>
</tr>
<tr>
<td>Greeley West    (1567)</td>
<td>extit{Ftn. Ft. Carson} (1790)^*</td>
</tr>
<tr>
<td>Horizons (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>
</tbody>
</table>

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Please see modifications at the front of the bulletin

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 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

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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

<table>
<thead>
<tr>
<th>Event Type</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST DAY OF PRACTICE</td>
<td>August 12, 2020</td>
</tr>
<tr>
<td>(Practices and meetings cannot be conducted on Sundays)</td>
<td></td>
</tr>
<tr>
<td>FIRST COMPETITION DATE</td>
<td>August 15, 2020</td>
</tr>
<tr>
<td>ACT-TEST-DATE</td>
<td>September 12, 2020</td>
</tr>
<tr>
<td></td>
<td>October 12, 2020</td>
</tr>
<tr>
<td></td>
<td>December 12, 2020</td>
</tr>
<tr>
<td>SAT-TEST-DATE</td>
<td>October 3, 2020</td>
</tr>
<tr>
<td></td>
<td>November 7, 2020</td>
</tr>
<tr>
<td></td>
<td>December 5, 2020</td>
</tr>
<tr>
<td>CROSS COUNTRY REGIONALS COMPLETED</td>
<td>October 8-10, 2020</td>
</tr>
<tr>
<td>REGIONAL ENTRIES (SUBMITTED BY COACHES)</td>
<td>Due by Saturday, October 10, 2020 (10:00 pm)</td>
</tr>
<tr>
<td>STATE CROSS COUNTRY (ALL CLASSES)</td>
<td>Saturday, October 17, 2020</td>
</tr>
<tr>
<td></td>
<td>SITE: NORRIS PENROSE EVENTS CENTER, COLORADO SPRINGS</td>
</tr>
<tr>
<td>CROSS COUNTRY COMMITTEE MEETING</td>
<td>Monday, November 9, 2020</td>
</tr>
<tr>
<td></td>
<td>(9:30 am – virtual via ZOOM)</td>
</tr>
<tr>
<td>CHSAA LEGISLATIVE COUNCIL MEETINGS</td>
<td>April 20, 2021</td>
</tr>
</tbody>
</table>

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

**COMPUTERIZED TRANSPONDERS/CHIPS**

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

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>
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<tbody>
<tr>
<td>Coaching Registration (<a href="#">Article 16</a>)</td>
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<td>General Eligibility (<a href="#">Article 17</a>)</td>
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<td>Transfer [Prior to and in-season] (<a href="#">Article 18</a>)</td>
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<td>Recruiting (<a href="#">Article 19</a>)</td>
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<td>Outside Competition (<a href="#">Article 21</a>)</td>
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<td>Penalties (<a href="#">Article 24</a>)</td>
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<tr>
<td>Officials (<a href="#">Article 27</a>)</td>
</tr>
</tbody>
</table>
REGIONAL INFORMATION

IMPORTANT DATES
October 8 through October 10   Regional Qualifying Meets (Regional list included)
Saturday, October 10   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.

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) Assisitant 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.
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: TBD
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: 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: TBD
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)
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
Date: TBD
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 #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: TBD
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:                    TBD
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
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

REGION #3

Date:                    TBD
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
CLASS 4A (Continued)

REGION #4

Date: TBD
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)
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
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.,
     Northglenn, CO 80234
Director: Mark Roberts
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: TBD
Site: Spring Canyon Park
    3156 S. Overland Trail
    Fort Collins, CO 80526
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: 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>
</tr>
</thead>
<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>5A Boys</td>
</tr>
<tr>
<td>4:45</td>
<td>5A Girls</td>
</tr>
</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
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
SEE the cross country modifications located at the front of the bulletin.

CHECK IN
Specific details regarding check-in at the state meet will be coming at a later date.

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
Specific details regarding course walk-through at the state meet will be coming at a later date.

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 (not regional directors) will be responsible for competitor’s entries into the TBA system.

THESE ENTRIES MUST BE INPUT NO LATER THAN 10:00 PM SATURDAY, OCTOBER 10
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: TBA

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.

TBA is the official timer for the CHSAA State Cross Country Championships

**PARALYMPIC/UNIFIED RACE**

Registration information will be coming at a later date.

![](image)

**INJURED COMPETITOR**

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

**INHALERS**

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

**PARKING**

**STATE SPECTATOR PARKING: $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 – THIS WILL LOOK DIFFERENT – See below

Packets may be picked up starting at 7:30 a.m. on Saturday, October 17, at the meet headquarters. We will have packets set up outside. 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). Coaches must take their passes to the team check-in area where they will receive a wrist band. Only those coaches with a pass will receive a wristband.

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:

1. Bus and Team parking information will be included in your regional packet.

2. The Pre-State Meet will be the ONLY opportunity to compete on the future state course. As of this printing, all teams that replied ON TIME for the Pre-State Meet have been accepted. PLEASE do not show up at the Pre State Meet to warm-up on the course. Only accepted teams for the Meet will be allowed on the course. Failure to comply with this rule could result in team/coach placed on RESTRICTION.

3. Please police your team camps for trash and athlete gear!

SUBSTITUTION FROM REGIONAL TO STATE

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

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

DO NOT CALL IN TEAM SUBSTITUTIONS.

A coach of a qualifying team may substitute eligible team members for those who competed at regionals. Coaches do not have to notify the CHSAA on team changes. Regional entries have to be turned into our race coordinator by Saturday, October 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 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](http://www.chsaanow.com).

**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](http://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 in the garden atrium at the Hotel Eleganté (2886 S. Circle Drive, Colorado Springs, CO 80906). S, M, L, XL, XXL & XXXL sizes available

**KUKULSKI BROTHERS**
Website: [https://kukulski brothers.myshopify.com/](https://kukulski brothers.myshopify.com/)
E-Mail: orders@kukulski brothers.net
Phone: (602) 386-3460

**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.

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**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
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)