

2011 ASAA/First National Bank Alaska  
**CROSS COUNTRY RUNNING STATE CHAMPIONSHIPS**  
**COACHES INFORMATION**

**Date:** Saturday, October 1st  
**Location:** Bartlett High School Trails – Anchorage

**Qualifying Process:** Each region qualifies participants:

- Region 1: North – Top team + any runner in top 15  
South – Top team + any runner in top 15  
Region 2: Top 2 teams + any runner in top 10  
Region 3: 123A – Top 3 teams + any runner in top 15  
4A – Top 4 teams + any runner in top 15  
Region 4: Top 4 teams + any runner in top 15  
Region 5: 123A – Top 3 teams + any runner in top 15  
4A – Top team + any runner in top 10  
Region 6: 123A – Top team and any runner in top 10  
4A – Top 2 teams + any runner in top 10

**Schedule of Events:**

12:00pm Boys 123A Race 12:45pm Boys 4A Race  
1:30pm Girls 123A Race 2:15pm Girls 4A Race  
3:00pm Awards Ceremony

**Course Map:** Course Map is posted on the Cross Country Running page of the ASAA website. Changes to the course will be announced at the coaches meetings.

**Practice on State Course:** Team are welcome to practice on the course after 3pm on Friday, Sept. 30th. Please notify Patricia Walker or Josh Green if you are planning on practicing on the course 907-742-6996 / 742-1816 [walker\\_patricia@asdk12.org](mailto:walker_patricia@asdk12.org)/[green\\_josh@asdk12.org](mailto:green_josh@asdk12.org)  
Bartlett High School will be open at 8am on Sat. Oct. 1st.

**Results:** All results will be posted online as soon as possible during or following the races. Hard copies will be posted outside at the end of each race.

**Team Tents:** This area will be located on the Bartlett Football field. This area will be for athletes and coaches only. No dogs, frisbees, footballs are allowed at Bartlett High School and their trails.

**Memorabilia:** A variety of state championship memorabilia (including cross country shirts,

**IMPORTANT DATES**  
**AND DEADLINES**

**Saturday, Sept. 24th by 7pm**

- Region Qualifiers/Results sent to Isaiah Vreeman ([isaiah@asaa.org](mailto:isaiah@asaa.org)).

**Sunday, Sept. 25th by 12pm**

- Team Photo (send to [isaiah@asaa.org](mailto:isaiah@asaa.org))
- Good Sport Nomination Online Form
- Pass Online Form

**Tuesday, Sept. 27th by 5pm**

- Code of Conduct Online Form
- Academic Award Online Form (need five per gender to qualify)
- Qualifying teams submit 7 names and 2 alternates to ASAA ([isaiah@asaa.org](mailto:isaiah@asaa.org)).

**Thursday, Sept. 29th by 5pm**

- Qualifying teams must notify ASAA ([isaiah@asaa.org](mailto:isaiah@asaa.org)) if any of the 2 alternates will replace any of the 7 named runners. This doesn't apply to individual qualifiers.

**Saturday, Oct. 1st - 9:30am**

- Mandatory Coaches Meeting at Bartlett High School Auditorium

sweatshirts, shorts, caps, and programs) will be on sale at the site throughout the championships.

**Race Substitutions (CHANGED):** Once a team has qualified for the state tournament, qualifying teams have until 5:00 p.m. Tuesday of state tournament week to submit the names of seven team members and two alternates. Schools will then have until 5:00 p.m. on the Thursday before the race to notify ASAA if either of the alternates will run in the race in place of any of the 7 named runners. Alternates will not be eligible to run after this Thursday deadline. This does not apply to individual qualifiers.

**Jury of Appeals:** The jury of appeals will be appointed by ASAA and the Tournament Director. The jury of appeals will serve as the final board of appeals as outlined in the NFHS Cross Country rulebook.

## STATE MEET PROCEDURES

**Rules:** The 2011 NFHS Cross Country Running rules will be utilized.

**Uniforms:** A competitor must wear a contestant number on the front of the uniform and a chip timer on each shoe. All other uniform rules and regulations are in the NFHS Cross Country Rulebook.

**Starting and Finishing Line:** The starting and finishing line are limited to participants only. Coaches please train your athletes to run through the finish line and into the chute. Runners must cooperate with finish line personnel. Lane assignments are assigned by random draw at the ASAA office.

**Scoring:** Scoring will follow the NFHS Cross Country Rulebook. Any competitor participating in an illegal uniform will be disqualified per NFHS Cross Country Rulebook rule 9-6 article 2. Announcements will be made from the finish line to notify coaches regarding possible disqualifications.

**Awards:** Awards are presented at the end of the day during the awards ceremony.

Team Awards:

- 1st and 2nd Place Team Trophies
- Academic Awards for Boys and Girls

Individual Awards:

- Medals for members of the first and second place teams
- Medals for top ten performers in each race
- Good Sport Awards for boys and girls

**Participation Fee:** The fee is \$10 per participant with a maximum fee of \$150 per team. Once the deadline for withdrawals and substitutions has passed for each state tournament, the roster will be considered final and schools will be invoiced that amount following the event.