



2023 ASAA/FIRST NATIONAL BANK ALASKA CROSS COUNTRY RUNNING STATE CHAMPIONSHIPS

October 7, 2023 at Mike Janecek Trails, Palmer H.S

POLICIES AND PROCEDURES

Schedule of Events:

Friday October 6

6:00 pm Mandatory Coaches
Meeting in Palmer Theater

Saturday October 7

10:00 am	Boys DIII Race
10:45 am	Girls DIII Race
	DIII Awards Ceremony
12:00 pm	Boys DII Race
12:45 pm	Boys DI Race
1:30 pm	Girls DII Race
2:15 pm	Girls DI Race
	DII & DI Awards Ceremony

Rules: The event shall be conducted in compliance with the 2023 NFHS Rule Book and additional guidelines found in the ASAA Handbook on pages 129-131 and this document.

Rosters: ASAA is using Big Teams for its School Activities Reporting System (SARS). Schools will need to submit rosters and indicate which students have qualified for state through this system. This can be done by accessing the Cross Country varsity roster and indicating the student is a state qualifier. In addition, the State Championship Entry Form must be submitted. Both submissions are due by 2 pm on Sunday, October 1st.

Friday Practice Times: The course will be available to preview starting at 1:00 pm.

Substitutions for Qualified Teams: Teams that qualified for the State Championships have until **4:00 pm Tuesday Oct 3rd** to submit the names of the seven team members and two alternates. Schools will then have until **4:00 pm on Thursday Oct 5th** to notify ASAA if either of the alternates will compete in place of any of the seven named runners. There are no substitutions for qualifying individual athletes.

Uniforms: A competitor must wear their assigned bib number on the front of their uniform. All other uniform rules and regulations are in the NFHS Cross Country Rule Book.

Start/Finish Line: The start and finish lines are limited to participants only. Runners interfering with the finish line by collapsing and not running through the finish line may be disqualified. Runners must cooperate with finish line personnel. Lane assignments are assigned by random draw at the ASAA office.

Team Tents: The areas for schools to set up team tents is located near the start line as indicated on the course map.

Scoring: Scoring will follow the NFHS Cross Country Rule Book. Any competitor participating in an illegal uniform will be disqualified per Rule 4-3. PA announcements will be made from the finish line to notify coaches regarding possible disqualifications.

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

CROSS COUNTRY RUNNING STATE DEADLINES

SATURDAY, SEPT 30 - 9:00 PM

- Region Results and State Qualifiers submitted to Rus Schreckenghost. Please email championships@asaa.org.
- Email athletic.net File

SUNDAY, OCT 1 - 2:00 PM

- [Eligibility Roster Finalized](#)
- [State Entry Form](#)
- [Photo Upload Form](#)
- [Code of Conduct Form](#)
- [Good Sport Selection Form](#)

TUESDAY, OCT 3 - 5:00 PM

- [Academic Award Entry Form](#)

FRIDAY, OCT 6 - 6:00 PM

- Mandatory Coaches Meeting in Palmer Theater

Appeals: A Head Coach can report a possible violation to the Referee. Please complete the entire form (provided in your coaches packet) following the process on the State Cross Country Championship Appeals Form.

Jury of Appeals: The Jury of Appeals will be appointed by ASAA and the Meet Director. The Jury of Appeals will serve as the final board of appeals as outlined in the NFHS Cross Country Rule Book.

Water: Palmer will have water available. Participants and schools are welcome to have their own water.

Medical: Medical coverage will be provided by Orthopedic Physicians Alaska (OPA). Ice will be available in emergencies.

Event Supervision: Each participating school will be requested to identify an administrator or other person approved in advance by the principal who is responsible for the conduct of its coaches, participants and fans throughout the event, as defined in the ASAA bylaws Article 6, Section 4. Each school will be provided one pass for attending Administrators. The pass can be picked up at the gate.

Hospitality: There is hospitality available for staff workers only.

Broadcast Media: The NFHS Network will not be webcasting our Championship races this year.