

CROSS COUNTRY RUNNING

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2023 SEASON

July 26, 2023 - First Practice

August 11, 2023 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

September 30, 2023 - Last Contest (Regular Season or Regional Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross-country running teams while they are members of a school cross country running team.

D. RULES

National Federation of High School (NFHS) Cross Country rules apply.

E. CONFERENCES

Teams are assigned to conferences in their Region. See Cross Country Running Qualifiers for the list of schools in each conference. Conferences are responsible for setting their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

G. STATE CHAMPIONSHIPS

1. DATE

October 7, 2023

NOTE: Meet will be held the first Saturday in October unless the date proceeds October 4th in which case it will be held the second Saturday in October

2. SITE & HOST

Michael Janecek Running Trails, Palmer

Hosted by ASAA and Palmer HS

3. STATE CHAMPIONSHIP FORMAT

There are three divisions, schools with 501 students and above are in Division I, schools with 151-500 students are in Division II and schools with 1-150 students are in Division III

Even year schedule:

Division III Girls Cross Country, Division III Cross Country
Division II Girls Cross Country, Division I Girls Cross Country
Division II Cross Country, Division I Cross Country

Odd year schedule:

Division III Cross Country, Division III Girls Cross Country
Division II Cross Country, Division I Cross Country
Division II Girls Cross Country, Division I Girls Cross Country

4. COURSE LENGTH

The course length for all Divisions is 5K.

5. QUALIFYING TO STATE

Each Region determines their state qualifiers (See Cross Country Running Qualifiers)

6. SUBSTITUTIONS

Schools will have until 4:00pm Tuesday of the state meet week to submit the names of seven team members and two alternates. Schools will then have until 4:00pm 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 will allow teams to substitute alternates for the sick or injured.

7. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining the Cross Country Running state information (i.e. passes, deadlines, protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Cross Country Running Coaches web page. State participating teams are required to review this document.

8. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the cross country coaches page prior to the deadline.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form

9. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

10. AWARDS: For each classification and gender

- a. First and second place trophies.
- b. 9 individual medallions for runners, coaches, managers of the first and second place teams.
- c. Academic Award (Must have a team qualified)

d. DI 15 Medallions for the top fifteen place finishers.

e. DII & DIII 10 Medallions for the top ten place finishers.

f. One Good Sport Team Member

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

CROSS COUNTRY RUNNING QUALIFIERS

DIVISION I

Region 3

(Top 15 finishers + all members
of the top 3 teams)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Region 4

(Top 15 finishers + all members
of the top 4 Teams)

Bartlett
Bettye Davis East
Chugiak
Dimond
Eagle River
Service
South Anchorage
West Anchorage

Region 5

(Top 12 finishers + all members
of the top team)

Juneau-Douglas
Ketchikan
Thunder Mountain

Region 6

(Top 10 finishers + all members
of the top 2 teams)

Lathrop
North Pole
Student Wrestling Development School
West Valley

DIVISION II

Region 1

(Top 8 finishers + all members
of the top team)

Barrow
Bethel
Kotzebue
Nome-Beltz

Region 5

(Top 10 finishers + all members
of the top team)

Mt Edgecumbe
Sitka

Region 3

(Top 15 finishers + all members
of the top 4 teams)

Grace Christian
Homer
Houston
Kenai Central
Mountain City Christian Academy
Nikiski
Redington
Seward

Region 6

(Top 15 finishers + all members
of the top 2 teams)

Ben Eielson
Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

DIVISION III

Region 1

Conference/District	Berths
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3 + all members of the top team
Greater Yukon Delta	5
Lower Kuskokwim	5
North Slope	7
Northwest Arctic	3
Southwest	Top 10 finishers + all members of the top team
Unalaska	6

Region 2

(Top 10 finishers + all members of the top 2 teams)

Allakaket	Glennallen	Minto
Anderson	Holy Rosary	Nenana
Andrew K Demoski (Nulato)	Jimmy Huntington (Huslia)	Nikolaevsk
Birchwood Christian	Johnny Oldman (Hughes)	Ninilchik
Cantwell	Kaltag	Susan B English (Seldovia)
Cook Inlet Academy	Kenai Peninsula ESSS	Su Valley
Cordova	Kenny Lake	Tetlin
Dot Lake	Knik Charter	Tok
Eagle Community	Kodiak Island ESSS	Tri-Valley
Effie Kokrine	Lumen Christi	Walter Northway
Fort Yukon	Maudrey Sommer (Tanana)	Yukon Flats School District
Glacier View	Merrelina A Kangas (Ruby)	

Region 5

(Top 15 finishers + all members of the top 3 teams)

Angoon	Hydaburg	Skagway
Craig	Kake	SISD ESSS
Gustavus	Klawock	Thorne Bay
Haines	Metlakatla	Wrangell
Hoonah	Petersburg	Yakutat