

2020 ASAA/FIRST NATIONAL BANK ALASKA CROSS COUNTRY RUN STATE CHAMPIONSHIPS POLICIES & PROCEDURES



Event: 2020 Cross Country Running State Championships
Date: Saturday, October 10, 2020
Location: Kincaid Park Trails - Anchorage, Alaska

The safety and well-being of our participants has always been at the forefront of ASAA's decision making process. Since respiratory droplets are the main factor in the spread of COVID-19, ASAA will be implementing several mitigations to protect those attending state championship events. These mitigations may include, but are not limited to:

- Monitory screening prior to entering an event.
- Decreasing the number of individuals allowed to participate.
- Decreasing the amount of fans allowed to attend.
- Requiring everyone to wear mask except when they are actively competing.
- Decreasing yelling by allowing some artificial noisemakers.
- Increase in the webcasting of events.

In doing so ASAA believes state competitions can be done in a safe manner. We respectfully ask your assistance in making this happen.

Qualifying Process: Each Region qualifies participants based on the following:

- Region 1: Division III - TEN Qualifiers
Division II - SIX Qualifiers
- Region 2: Division III - SIX Qualifiers
- Region 3: Division II - SIXTEEN Qualifiers
Division I - TEN Qualifiers
- Region 4: Division I - SIXTEEN Qualifiers
- Region 5: Division III - FOURTEEN Qualifiers
Division II - FOUR Qualifiers
Division I - SIX Qualifiers
- Region 6: Division II - TEN Qualifiers
Division I - SIX Qualifiers

Schedule of Events:

- 11:00 am Girls Division III Waves Start
11:15 am Boys Division III Waves Start
BREAK TO CLEAR
1:00 pm Girls Division II Waves Start
1:15 pm Boys Division II Waves Start
BREAK TO CLEAR
3:00 pm Girls Division I Waves Start
3:15 pm Boys Division I Waves Start

Cross Country Run State Championships

**Hosted by Bartlett High School
October 10
Kincaid Park Trails | Anchorage**

SATURDAY, October 3 - 9:00 PM

- State Qualifiers submitted by each Region - email to: championships@asaa.org

SUNDAY, October 4 - 2:00pm

- Eligibility Roster Finalized
- State Entry Form
- Code of Conduct Form
- Photo Upload Form
- Good Sport Selection Form

TUESDAY, October 6 - 6:00 PM

- All qualifiers entered in PlanetHS
- Virtual Coaches Meeting 6:00 pm

FRIDAY, October 9

Course available for practice.
There will NOT be an organized Coaches Meeting - see Schreck during practice to pick up Coach/School Packet.

Rules: 2020 NFHS Cross Country Running rules will be utilized.

Course Map: Course Map has been posted on the Cross Country Running page of the ASAA website.

Practice: Teams are welcome to practice on the course on Friday, October 9. The course will be marked at 11:00 am. During this time, Coach/School Packets are available to be picked up.

Rosters/Qualifiers: ASAA is using PlanethS for its School Activities Reporting System (SARS). Schools will need to indicate which students have qualified for state. 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 Tuesday October 6.

Substitutions: Since all participants are individual qualifiers, there will be no substitution allowed.

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 Rulebook.

Team Tents: No Tents will be allowed in the restricted zones, but schools can set up team locations in the LOWER Parking Lot for those using vans or tents near the soccer fields. Access the soccer fields from the upper parking lot near the Chalet.

Uniforms: A competitor must wear a contestant number on the front of their uniform. The bib will have the timing chip attached. All other uniform rules and regulations are in the NFHS Cross Country Rulebook.

Chip Timing: Chip timing will be used as the primary timing system. The chips will be a part of your racing bibs. Backup systems will be in place.

Start/Finish Line: The starting and finishing lines are limited to participants only. Coaches, please instruct and train your athletes to run through the finish line and disperse the area quickly. Lane assignments are assigned by random draw at the ASAA office.

Race Results: All results will be posted online as soon as possible following the races. No hard copies will be posted on site. The Kincaid Park scoreboard will be used to post unofficial results. For mitigation purposes, no coaches or spectators will be allowed in the timing building.

Passes:

Coaches: Only certified coaches listed on the School Activities Reporting System (SARS) can receive a pass. A maximum of two Coaches passes per school will be allowed and will be used to access the restricted zones. Coaches must have on their person the pass. If not the school will be fined \$25.

Participants: Passes will be based on qualified athletes and put in the Coaches Packet.

Administration: School Administrator attending will be provided a pass from ASAA (used for easy identification) and must wear the pass while attending the Championships. The administrator should check with ASAA to receive the pass.

Appeals: Head Coaches can report possible violation to the Referee. Please fill out and follow the process on the State Cross Country Championships Appeals Form inside the Coach/School packet.

Water: Individuals should have their own (clearly identifiable) water bottle. No water stations will be available on site.

Medical: Medical coverage will be provided by OPA and Team One. Ice will be available in emergencies.

Photography/Videotaping: Only ASAA Credentialed Media are allowed in the restricted zones.

Event Supervision: Each school is to provide the phone number of the Administrator in charge of the Coach and athletes while attending the Championships.

State Merchandise: Northwest Designs is the Official State Merchandise Vendor. NWD will have a large variety of apparel and feature on-site printing with customized made to order commemorative items. A web store is also available online at ASAA.org/store.

Awards: There will not be an Awards Presentation this year. Schreck will be able to get the individual medals to the Coach/School after the race has become official.

Individual Awards:

- Medals for top ten performers in the Division III and II races.
- Medals for top fifteen performers in the Division I races.
- Good Sport Awards for one boy and one girl per team.

Participation Fee: The fee for Cross Country is \$10 per student participant with no maximum. Schools will be invoiced following the event.

Prior to Event:

- * Each Region (one designated individual) submits qualifiers (and up to two alternates) to ASAA by 9:00 pm on Saturday October 3.
- * Schools must follow their mitigation plans for travel.
- * Coach/Administrator must present to ASAA the Screening Verification Form prior to receiving athlete's racing bib (can be done at Friday's practice). This form is available at asaa.org.
- * Anyone showing symptoms/signs or testing positive with Covid-19 may not attend.
- * No in-person Coaches Meeting will be held – packets (with bibs and passes) can be picked up during Friday's practice times or the day of the event. Questions (if any) will be answered by ASAA during this time. ASAA will hold a Coach's Zoom Meeting on Tuesday October 6 at 6 pm.
- * Coach/Administrator must screen each athlete and coach the morning of the event and submit the Screening Verification Form prior to racing.

Preparation for Competition:

- * As it is ASAA's intent to conduct this event in a safe manner, ASAA requests that schools limit any fans attending to no more than two per qualified athlete.
- * All non-participants should wear face coverings and possibly eye protection. Athletes are recommended to have a face covering to wear for warm-ups and at the conclusion of the race.
- * Athletes must arrive prepared for racing (no locker room available).
- * Schools may set up a tent near the soccer fields or a meeting location in the lower parking lot. Teams should maintain social distancing from other schools. No tents (other than ASAA Medical Tents) will be allowed in the restricted zone.
- * ASAA will not provide water at the site.
- * Teams should arrive for Course Pre-View one hour prior to the start of their race. This will help in controlling the crowds.
- * No more than two School Coaches (wearing an ASAA Pass) per team are allowed in the restricted zone.

Race Competition:

- * ASAA will use a staggered start (modified wave style) with one minute between each wave.
- * All athletes must follow instruction given by ASAA race officials.

Completion of Race:

- * Once across the finish line, participants are encouraged to put on their face covering. Each athlete is to head toward their school location in the lower parking lot or soccer field to reduce group gatherings.
- * ASAA will not be posting unofficial results on site, but Skinny Raven will post the results on-line and will make an announcement on the PA system when they are posted to start the Coach Challenge time limit. The Kincaid scoreboard will also be used to display times.
- * No official Awards Ceremony will be held – each school will receive a package with their corresponding medals won before they depart. Packages not collected will be mailed to the school.
- * Once race results become official, each school is to exit quickly to provide space and warm-up time for the next Division Championships. ASAA recognizes that media interactions may need to occur.