



# 2022 ASAA/First National Bank Alaska Cross Country Run State Championships Policies & Procedures

Date: Saturday, October 8, 2022  
Location: Bartlett High School Trails - Anchorage

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

Region 1: Division III (top finishers)

Aleutians East-3	Bering Straits-3
Greater Kuskokwim-3	Greater Yukon Delta-5
Lower Kuskokwim-5	North Slope-7
Northwest Arctic-3	Sockeye-5
Southwest-5 + top team	Unalaska-6

Division II top - 8 finishers + top team

Region 2: Division III - top 10 finishers + top 2 teams

Region 3: Division II - top 15 finishers + top 4 teams  
Division I - top 15 finishers + top 3 teams

Region 4: Division I - top 15 finishers + top 4 teams

Region 5: Division III - top 15 finishers + top 3 teams  
Division II - top 10 finishers + top 1 team  
Division I - top 12 finishers + top 1 team

Region 6: Division II - top 15 finishers + top 2 teams  
Division I - top 10 finishers + top 2 teams

## Schedule of Events:

10:00 AM	Girls DIII Race
10:45 AM	Boys D III Race
	D III Awards Ceremony
12:00 PM	Girls D II Race
12:45 PM	Girls D I Race
1:30 PM	Boys D II Race
2:15 PM	Boys D I Race
	D II & D I Awards Ceremony

**Rules:** The event shall be conducted in compliance with the 2022 NFHS Rule Book and the additional guidelines found in the ASAA handbook on pages 128-130 and this document.

## Cross Country Run State Championships

**October 8, 2022  
Bartlett HS - Anchorage**

### **Saturday, October 1 - 9:00pm**

- Region Results & State Qualifiers submitted to Rus Schreckenghost <[championships@asaa.org](mailto:championships@asaa.org)> - Email Athletic.net File

### **Sunday, October 2 - 2:00pm**

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

### **Tuesday, October 4 - 5:00pm**

- Academic Award

### **Friday, October 7 - 6:00pm**

- Mandatory Coaches Meeting at Bartlett HS theater



## 2022 CROSS COUNTRY STATE CHAMPIONSHIPS POLICIES & PROCEDURES

**Course Map:** The course map will be posted on the Cross Country Running page of the ASAA website when completed. Any changes to the course will be announced at the coaches meeting.

**Practice:** Teams are welcome to practice on the course after 3:00 PM on Friday Oct 7th (times of 1:00 pm to 3:00 pm are closed due to bus scheduling issues). Please notify Leif Jacobsen, Bartlett AP at [jacobsen\\_leif@asdk12.org](mailto:jacobsen_leif@asdk12.org) if you plan on practicing.

**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 Sunday October 2nd.

**Substitutions:** Teams that qualified for the state championship have until 4:00 pm Tuesday Oct 4th to submit the names of seven team members and two alternates. Schools will then have until 4:00 pm on Thursday Oct 6th 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 the Thursday deadline. There are no substitutions for qualifying individual athletes.

**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.

**Mandatory Coaches Meeting:** There is a mandatory coaches meeting on **Friday Oct. 7 at 6:00 pm** in the Bartlett Theater. All race policies and procedures will be reviewed, and coaches packets, passes, and bibs/chips will be dispersed.

**Team Tents:** This area will be located on the NORTH side of the Bartlett Track. NO DOGS, FRISBEES, FOOTBALLS ARE ALLOWED at Bartlett HS and their trails.

**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.

**Start/Finish Line:** The starting and finishing 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.

**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 4-3. PA Announcements will be made from the finish line to notify coaches regarding possible disqualifications.

**Race 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.

### Passes:

Coaches: Only certified coaches listed on the School Activities Reporting System (SARS) will receive a pass. Coaches should have on their person the pass.

Participants: Passes will be based on qualified athletes (including managers).

## 2022 CROSS COUNTRY STATE CHAMPIONSHIPS POLICIES & PROCEDURES

**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.

**Water:** Bartlett will have water available near the start and finish lines. Participants and Schools are welcome to have their own water.

**Medical:** Medical coverage will be provided by OPA and Team One. 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 contest, as defined in the ASAA bylaws Article 6, Section 4. Each school will be provided one pass for attending administrator. The administrator should check in at the gate to receive the pass.

**Photography/Videotaping (Parents, Yearbook and School/Team Photo/Video):** No flash photography. Fans, parents, coaches, school employees, etc. are not allowed to photograph outside the spectator area. Designated areas outside the spectator area are reserved for working members of the media. Only ASAA Credentialed Media are allowed to be outside the spectator area.

**Spectator Etiquette:** All spectators are restricted to the spectators areas. The Tournament/Meet Director and ASAA officials are empowered to remove anyone displaying unacceptable conduct from the area and may temporarily suspend the meet, if necessary.

**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](http://ASAA.org/store).

**Awards:** Awards are presented to Division III after the race results become official and to Division II and I at the end of the last Race.

Team Awards:

- First and Second\* 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 the Division III and II races.
- Medals for top fifteen performers in the Division I races.
- Good Sport Awards for boys and girls (must have at least 4 people in that gender)

\*A division must have a minimum of 5 teams for a second place trophy to be awarded.

**Participation Fee:** The fee for Cross Country is \$10 per student participant (including student managers) with no maximum. Once the deadline for withdrawals and substitutions has passed, the roster will be considered final and schools will be invoiced that amount following the event.

**Admission Prices: One price all day**

- Adults – \$10.00
- Elders (65+) and Children Under two years of age FREE
- Students (age three thru High School age) – \$5.00

## **2022 CROSS COUNTRY STATE CHAMPIONSHIPS POLICIES & PROCEDURES**

- Only ASAA issued passes are valid for the State Championships.
- Tickets can be purchased in advance through GOFAN, for details, go to the Cross Country page at [asaa.org](http://asaa.org).