



2024 ASAA/FIRST NATIONAL BANK ALASKA CROSS COUNTRY RUNNING STATE CHAMPIONSHIPS

October 5, 2024 at Bartlett High School Trails

POLICIES AND PROCEDURES

Schedule of Events:

Friday October 4

6:00 pm Mandatory Coaches
Meeting in Bartlett Auditorium

Saturday October 5

10:00 am	Girls DIII Race
11:00 am	DIII Race
	DIII Awards Ceremony
12:00 pm	Girls DII Race
12:45 pm	Girls DI Race
1:30 pm	DII Race
2:15 pm	DI Race
	DII & DI Awards Ceremony

Rules: The event shall be conducted in compliance with the 2024 NFHS Track and Field and Cross Country Rule Book and additional guidelines found in the ASAA Handbook on pages 129-131 and this document.

Rosters: ASAA is using Bigteams (planeths) for its School Activities Reporting System (SARS). Schools will need to 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. Submissions are due by 2 pm on Sunday, September 29th.

Forms: Beginning this year other forms will also be accessed through Bigteams. When you are logged into your account click on Document Management, click on the general state entry form and then start a New Submission. Also, complete the photo upload, the Code of Conduct and the Good Sport Selection forms. Complete all 4 forms by 2pm on Sunday, September 29th.

Friday Practice Times: The course will be available to preview starting at 1:00 pm on Oct. 4.

Substitutions for Qualified Teams: Teams that qualified for the State Championships have until **4:00 pm Tuesday Oct 1st** to submit the names of the seven team members and two alternates (email kathleen@asaa.org). Schools will then have until **4:00 pm on Thursday Oct 3rd** 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 Rule Book. BibSnap bib clips are allowed; however, ASAA reserves the right to replace them with safety pins if they are found to violate ASAA's mission, policies, or contractual agreements with sponsors.

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.

CROSS COUNTRY RUNNING STATE DEADLINES

SATURDAY, SEPT 28 - 9:00 PM

- Region Results and State Qualifiers submitted to Kathleen Navarre. Please email championships@asaa.org

SUNDAY, SEPT 29 - 2:00 PM

XC Running forms due

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

TUESDAY, OCT 1 - 5:00 PM

- Academic Award Entry Form

FRIDAY, OCT 4 - 6:00 PM

- Mandatory Coaches Meeting in Bartlett HS Auditorium.

Scoring: Scoring will follow the NFHS Rule Book for DI and DII races. By state adoption, DIII will score the top 3 runners. 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.

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: Bartlett 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.