



# 2025 ASAA/FIRST NATIONAL BANK ALASKA CROSS COUNTRY RUNNING STATE CHAMPIONSHIPS

October 4, 2025 at Mike Janeczek Trails, Palmer H.S

## POLICIES AND PROCEDURES

### SCHEDULE

Friday, October 3

6:00pm - Coaches Meeting Palmer Theater

Saturday, October 4

10:00 am DIII Race

11:00 am Girls DIII Race

DIII Awards Ceremony

12:00 pm DII Race

12:45 pm DI Race

1:30 pm Girls DII Race

2:15 pm Girls DI Race

DII & DI Awards Ceremony

### RULES

2025 National Federation of High School (NFHS) Cross  
Country Rules Book

2025-26 ASAA Handbook pages 130-132

### ROSTER SUBMISSION

- Sept 28 - rosters entered into the School Activities Reporting System via Big Teams by 2:00 pm.
- Sept 30 - Qualified Teams submit names of seven runners and 2 alternates to Kathleen Navarre ([kathleen@asaa.org](mailto:kathleen@asaa.org)) by 4:00pm.
- Oct 2 - substitution of alternates by 4:00 PM submitted to Kathleen Navarre ([kathleen@asaa.org](mailto:kathleen@asaa.org)).

\* Note there are no substitutions for qualified individual athletes.

### PRACTICE

Friday October 3 - Available to preview course starting at 1:00 pm.

### UNIFORMS/BIBS

Assigned bibs are to be worn on the front of the uniform.

Other uniform rules and regulations are in the NFHS Cross Country Rule Book.

### START/FINISH

Limited to participants only.

Collapsing and not running through the finish line may be a disqualification.

Runners must cooperate with finish line personnel.

Lane assignments are assigned by random draw at the ASAA office.

### CROSS COUNTRY RUNNING STATE DEADLINES

#### **SATURDAY, SEPT 27 - 9:00 PM**

- Region Results and State Qualifiers submitted to Kathleen Navarre ([kathleen@asaa.org](mailto:kathleen@asaa.org))
- Email [athletic.net](http://athletic.net) File

#### **SUNDAY, SEPTEMBER 28 - 2:00 PM**

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

#### **TUESDAY, SEPTEMBER 30 - 5:00 PM**

- [Academic Award Entry Form](#)

#### **FRIDAY, OCTOBER 3 - 6:00 PM**

- Mandatory Coaches Meeting in Palmer Theater

## **TEAM TENTS** (See course Map)

## **PASSES**

Issued to certified coaches and rostered participants.

Admin passes available on arrival

Fines issued for misuse: \$25 for coaches, \$10 for participant

## **SCORING**

Will follow the NFHS Cross Country Rule Book.

Runners 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.

## **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 jury of appeal is appointed by ASAA and the Meet Director.

The jury has the final say on any appeal submitted by a head coach (Use form in packet).

## **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.

## **PHOTOGRAPHY/VIDEOGRAPHY**

ASAA credential media only allowed outside the spectator area

Schools may request one team photographer outside the spectator area

## **EVENT SUPERVISION**

Each school must designate an administrator to oversee team and fan conduct

Check in with ASAA staff required

(ASAA bylaws Article 6, Section 4, State Championship Policies #22)