2026 ASAA/FIRST NATIONAL BANK ALASKA
CROSS COUNTRY RUNNING STATE CHAMPIONSHIPS
October 3, 2026 at Bartlett High Trails, Bartlett HS
POLICIES AND PROCEDURES

SCHEDULE

Friday, October 2
- 6:00pm - Coaches Meeting Bartlett Theater

Saturday, October 3
- 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

2026 National Federation of High School (NFHS) Cross Country Rules Book
2026-27 ASAA Handbook pages 123-127

ROSTER SUBMISSION

- Sept 27 - rosters entered into the School Activities Reporting System via Arbiter by 2:00 pm.
- Sept 29 - Qualified Teams submit names of seven runners and 2 alternates to Kathleen Navarre (kathleen@asaa.org) by 4:00pm.
- Oct 1 - substitution of alternates by 4:00 PM submitted to Kathleen Navarre (kathleen@asaa.org).

✳ No substitutions for qualified individual athletes.

CROSS COUNTRY RUNNING STATE DEADLINES

SATURDAY, SEPT 26 - 9:00 PM

- Region Results and State Qualifiers submitted to Kathleen Navarre (kathleen@asaa.org)
- Email athletic.net File

SUNDAY, SEPTEMBER 27 - 2:00 PM

Cross Country Roster finalized in Arbiter
Forms Due

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

TUESDAY, SEPTEMBER 29 - 5:00 PM

- Academic Award Entry Form

THURSDAY, OCTOBER 1 - 4:00 PM

- Substitution of alternates due Kathleen

FRIDAY, OCTOBER 2 - 6:00 PM

- Mandatory Coaches Meeting in Bartlett Theater

FORMS

Forms are accessed through our website, under State Tournament Forms. Please complete the state entry form, photo upload, the Code of Conduct and the Good Sport Selection forms. Complete all 4 forms by 2pm on Sunday, October 4.

PRACTICE

Friday October 2 - Available to preview course starting at 1:00 pm.

UNFORMS/BIBS

Assigned bibs are to be worn on the front of the uniform.
Other uniform rules and regulations are in the 2026 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.

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 2026 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 appeals 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

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) and Team One. 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 #23)