

CROSS COUNTRY RUNNING

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2020 SEASON

July 29, 2020 - First Practice

August 20, 2020 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 3, 2020 - Last Contest (Regular Season or Regional Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross-country running teams while they are members of a school cross country running team.

D. RULES

National Federation of High School (NFHS) Cross Country rules apply.

E. CONFERENCES

Teams are assigned to conferences in their Region. See the Sport Specific Section for the list of schools in each conference. Conferences are responsible for setting their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

G. STATE CHAMPIONSHIPS

1. DATE

October 10, 2020

NOTE: Meet will be held the first Saturday in October unless the date proceeds October 4th in which case it will be held the second Saturday in October

2. SITE & HOST

Bartlett Running Trails, Anchorage

Hosted by ASAA, Bartlett HS and ASD

3. STATE CHAMPIONSHIP FORMAT

There are three divisions, schools with 501 students and above are in Division I, schools with 151-500 students are in Division II and schools with 1-150 students are in Division III

Even year schedule:

Division III Girls, Division III Boys

Division II Girls, Division I Girls

Division II Boys, Division I Boys

Odd year schedule:

Division III Boys, Division III Girls

Division II Boys, Division I Boys

Division II Girls, Division I Girls

4. COURSE LENGTH

The course length of both boys and girls for all Divisions is 5K.

5. QUALIFICATIONS TO STATE

a. Division I

REGION 3

Top 15 finishers + all members of the top three teams.

REGION 4

Top 15 finishers + all members of the top four teams.

REGION 5

Top 12 finishers + all members of the top team.

REGION 6

Top 10 finishers + all members of the top two teams.

b. Division II

REGION 1

Top 8 finishers + all members of the top team.

REGION 3

Top 15 finishers + all members of the top four teams.

REGION 5

Top 10 finishers + all members of the top team.

REGION 6

Top 15 finishers + all members of the top two teams.

c. Division III

REGION 1

Conference/District	Berths
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3
Greater Yukon Delta	5

Lower Kuskokwim	5
North Slope	7
Northwest Arctic	3
Sockeye	3
Southwest	Top 5 finishers + all members of the top team
Unalaska	6

REGION 2

Top 10 finishers + all members of the top two teams.

REGION 5

Top 15 finishers + all members of the top three teams.

6. SUBSTITUTIONS

Schools will have until 4:00pm Tuesday of the state meet week to submit the names of seven team members and two alternates. Schools will then have until 4:00pm on the Thursday before the race 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 this Thursday deadline. This will allow teams to substitute alternates for the sick or injured.

7. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining the Cross Country Running state information (i.e. passes, deadlines, protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Cross Country Running Coaches web page. State participating teams are required to review this document.

8. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the cross country coaches page prior to the deadline.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form

9. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

10. AWARDS: For each classification and gender

- a. First and second place trophies.
- b. 9 individual medallions for runners, coaches, managers of the first and second place teams.
- c. Academic Award (Must have a team qualified)
- d. DI 15 Medallions for the top fifteen place finishers.
- e. DII & DIII 10 Medallions for the top ten place finishers.
- f. One Good Sport Team Member
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.