

Weekly Announcements

August
28

Cross Country Runners Required to have NINE days of practice

The KSHSAA Board of Directors added language to Rule 34 indicating a cross country runner must participate in nine days of practice with the team prior to participating in a meet. The primary reason for the change is concern about heat acclimatization and hydration awareness. Each sport has different conditioning and practice needs unique to that sport. Students who are dual participation athletes must work with coaches to ensure they attend 9 practices in both sports. It is permissible for a coach to provide a workout for a student to complete prior to or after the other team practice. Coaches are responsible for documenting these practices.

High School and Middle School Cross Country Coaches Must Complete Exam

This year all high school and middle school cross country coaches must complete a 50 question online exam. Questions were mailed to athletic directors in July and are included as the last two pages of the announcement sheet. Directions on how to submit answers to the test were also mailed with the Announcement Sheet. The exam period begins July 31 and coaches must complete the online exam by August 29. If your coach does not complete the online exam by August 29, your school will be fined \$25.

Clarification on gloves and caps

As in previous years in the event of inclement weather, the games committee may permit stocking caps and gloves to be worn. If worn all team members must have the same color of gloves. If worn all team members must have the same color of stocking caps. Not all members must wear them, but if they do they must be the same color. Visors and baseball style hats are not permitted.

Cross Country Exam

All high school and middle/junior high school coaches are required to complete a fifty question exam and submit answers online. The results of the exam are now posted. Coaches and athletic directors can log in as they did to take the exam and see their results.

No Road Races During Season

Outside competition Rule 22 states: "A student who is a member of a school athletic squad effective Tuesday following Labor Day through Friday preceding Memorial Day may not participate as a member of an outside team or as an independent competitor in the same sport." Beginning September 5 members of the school cross country team cannot participate in any races in which there is a common start and finish line and there is timing of the event. Color runs because they do not have a timing aspect are not considered a violation. Student athletes competing in these non-school sponsored races are reminded they cannot accept cash or merchandise prizes.

Awards and Amateur Rules (Rule 20 and 22)

If members of the cross country team compete in off season races, remember KSHSAA rules prohibit student athletes from accepting prizes. Many "road races" offer cash or merchandise prizes such as shoes, caps, gift certificates for meals, movies, etc. runners should check with the school coach and administration before entering and running in these events. Students who participate in athletic activities, outside of interscholastic competition, shall not accept awards of cash or merchandise. Medals, trophies, and T-shirts shall not be considered merchandise."

Inhalers and/or Atomizers

The use of an atomizer during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet. (Note: Without a doctor's statement, the athlete may only use the inhaler prior to and after competition.)

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2017 Regional Cross Country Meets

The date for the regional Cross Country meets is Saturday, October 21, 2017. Regional meets will be permitted to start in the morning. Regional assignments will not be available until after classifications are completed (September 20 is count day). Regional cross country sites and hosts will not be known until at the earliest September 29 after classifications are released by noon on September 27.

The state cross country meet is Saturday, October 28, which is an ACT testing date.