

Warm Up

It is go time! Welcome to meet week! The road to Rim Rock Farm and Wamego Country Club starts this week! The forecast this week looks much more favorable than last week. Best of luck to all runners and coaches as they embark on the 2023 season.

The Start

- With the start of the season now upon us, this is a great time to remind coaches about the [Sportsmanship & Legal Uniform Verification](#) information found on our website. The head coach is to verify verbally or in writing that all of his/her competitors are properly equipped (uniform and equipment) in compliance with NFHS rules.
- Watches are permitted to be worn in a race. The watch may not be set to transmit tactical information to a competitor during the race. The GPS function may be turned on during a race if so desired.
- This has been mentioned before, here is another reminder for all coaches that once your runner starts practice, they may not compete in any kind of road/trail race during the season. Make sure you're communicating this to your runners and their parents/guardians. Even walking in a race is still considered a race. A race is defined as a common start and common finish. Once the season is over, running a road/trail race is permissible.
- Thank you to all ADs and coaches who have indicated interest in hosting a regional. If your program is interested in hosting a regional on October 21, please contact Kyle Doperalski, kdoperalski@kshsaa.org very soon.
 - Regional assignments don't come out until after classifications are set at the end of September. However, this is the week we start to look at where regionals may be.

Cool Down

Questions and Answers:

Q: If a student was cut from the football or soccer team and then joined the cross country team, can any of those tryout dates count toward the minimum practice requirements for cross country?

A: Yes, up to three (3) per the new rule 34-1-2.