

2020 STATE CROSS COUNTRY CHAMPIONSHIPS

078TH Annual Boys – 43rd Annual Girls

Date

Saturday, October 17, 2020

Site

Norris Penrose Event Center
1045 Lower Gold Camp Road
Colorado Springs, CO 80905

Time Schedule

9:45 – 4A Boys 10:30 – 4A Girls 12:00 – 3A Boys 12:45 – 3A Girls
Unified Race – 1:15
2:00 – 2A Boys 2:45 – 2A Girls 4:00 – 5A Boys 4:45 – 5A Girls

Museum Information

In conjunction with the state cross country meet this Saturday, our proud partners, The Colorado Springs Sports Corp & the United States Olympic & Paralympic Museum, are proud to offer special ticket prices for CHSAA cross country athletes, families and coaches.

Please see the attached flier for more information.

Host Hotel Information

Hotel Elegante

- **Rate:** \$87.00 (plus tax)
- **Valid:** October 16 - October 18
- **Deadline to Book:** October 13
- **For Reservations:** Call 1 (800) 981-4012
 - Please reference group code: **2647837** or ask for "CHSAA - State Cross Country Meet"
- **For tax exempt status, the following must be completed:**
 - [Tax Exemption Affidavit](#)
 - [Credit Card Authorization Form](#)
 - Photocopy of the cardholder's ID
 - Photocopy of the front side of the credit card, with 1st 6 and last 4 digits legible
 - Copy of Tax Exempt Certificate
 - Please send all documentation to reservations coordinator, Amber Lang (alang@mcmelegante.com)

Rosters – Changes to State Entries

SUBSTITUTIONS FOR TEAM QUALIFIERS or NOTIFICATION OF NOT RUNNING INDIVIDUAL QUALIFIERS WILL BE DONE BY EMAILING RAPID RESULTS TIMING TO craigbaileytrack@gmail.com BY THURSDAY 10/15 @ 12:00pm. CHANGES FOR TEAM QUALIFIERS AFTER THURSDAY CAN BE MADE AT THE STATE MEET AS IN THE PAST.

WHEN EMAILING craigbaileytrack@gmail.com FOR TEAM QUALIFIER SUBSTITUTIONS, PLEASE INCLUDE THE FOLLOWING INFORMATION:

- Classification
- Gender
- Name, School & Grade of Scratched Athlete
- Name, School & Grade of Added Athlete

Any individual athletes who scratch after Thursday 10/15 at 12:00 pm will not be replaced.

Box Draws/Start Lists

The official box draws/start lists will be available after Thursday 10/15 at 12:00 pm. These will also be in your team packet.

Volunteers

ATTENTION ATHLETIC DIRECTORS

We are looking for volunteers to assist with the state cross country meet. If you are interested in volunteering to help work the State Cross Country Meet, please contact lververs@chsaa.org. We are in need of assistance in the position of course marshals.

Paralympic/Unified Race

The Paralympic/Unified race will start at 1:15 pm on Saturday, October 17, at the State Cross Country Championships. Packets for Paralympic/Unified athletes can be picked up beginning at 12:00 pm. You have until Thursday at 12:00pm to register your athletes at. Athletes can be registered by clicking [HERE](#).

Daily Symptom Tracker

Coaches must turn in a current symptom tracker sheet at the time of coach check-in. You can find the "Daily Symptom Tracker" by clicking [HERE](#).

Coach Check-In

Coaches will not be allowed to check in more than 1 hour and 15 minutes before their race time.

Coach Passes

Each team will be given 2 coaches passes and two wrist bands. You can have as many coaches as you would like on the Bear Creek side, but those who are on the Norris Penrose side must have a pass and wrist band on at all times. We ask that coaches follow these guidelines to ensure we are meeting state and local guidelines.

Masks

A mask must be worn at all times by spectators, coaches and those athletes that are not participants in the race.

Team Camps

Team camps may not be set-up in the stadium or in front of the stadium. The indoor athlete village is not available. Please ensure masks are worn by all nonparticipating athletes and coaches at all times. If a school has both a boys' and girls' team competing at the state meet, the team not currently competing must be at their team camp or spaced appropriately outside of their team camp area.

Travel

I-25 Construction - There are several places where there is construction going on along I-25. Please plan accordingly.

Spectator Attendance

Please see the attached "State XC Site Map". Spectators must remain in the "Spectator Area" indicated on the "State XC Site Map". We ask for your assistance in communicating this and ensuring this is adhered to. Spectators are also allowed on the Bear Creek side of the course. Spectators will not be allowed at the start or finish. You can access the event livestream by clicking [HERE](#).

Spectator Parking

For those spectators planning to watch the meet from the allowable areas at Norris Penrose or the Bear Creek side of the course, please see the attached "State XC Site Map" for parking locations. The available parking locations are indicated on the map in the black outlined areas. Parking for these lots is \$10. Spectators will need to walk through Norris Penrose to get to Bear Creek Park. Cars that park at Bear Creek Park East will be ticketed/towed.

Livestream

Livestreaming of the event can be accessed by clicking [HERE](#).

Inhalers

Inhalers may be used during races. Do not need to present a note to the CHSAA Liaison.

Uniform Rules

Hats and gloves may be worn by competitors without pre-approval of Games Committee. Hats and gloves must be recognized athletic wear (no floppy hats or distracting ornamentation), must be used as intended (baseball caps with brims forward for sun-blocking), and must not impede the forward progress of any racer.

Warm-Up Drop Off

There will be a designated area for athletes to drop off their warm-up apparel before the start of their race. Athletes will have the ability to pick-up their warm-up apparel after their race.

Bibs – PLEASE READ

Each participant has a chest bib and a LEFT hip bib. Both must be secure (safety pins will be in your packet)

Awards Presentation

There will not be an “official” awards presentation. Top 10 individuals will be awarded in the stadium. Teams will be awarded out front. **ONLY 2 representatives from each school will come to collect the trophy. All team photos should be taken back at team camp or after they return to their school.** Awards will be presented in a manner that mitigates congregating and allows social distancing.

Team Results

Team results will not be mailed. You can get the final individual and team results from [CHSAANow](#).

T-Shirts/Souvenirs

Official CHSAA State Cross Country Meet T-shirts with four-color logo will be available at the state meet while they last. T-shirts can be purchased on Friday, October 16 beginning at 2:00pm at Hotel Eleganté (2886 South Circle Drive, Colorado Springs, CO 80906). S, M, L, XL, XXL & XXXL sizes are available.

Kukulski Brothers

[Website](#) | [E-Mail](#) | Phone: (602) 386-3460

Access on the Course

No teams or individuals will be allowed on the State Cross Country Course the week of state. This includes Norris Penrose and Bear Creek. Due to the course being prepared for the state meet, this will eliminate confusion on where you are allowed to be. The ONLY time schools/team will be allowed on the state cross country course for a walk/run through will be on the Friday prior to the state meet from 3:00 pm and conclude by 6:00 pm. **Only participating athletes and their coaches may participate in the course walk through. No team or individuals will warm up at the starting area nor enter the stadium arena toward the finish during the walk/run through.**

Coaches must supervise their athletes. No wheels, and no marking of the course will be allowed. Not abiding by these expectations could result in a disqualification from the meet.

Course Map

The course map can be viewed by clicking [HERE](#).

The Paralympic/Unified course map can be viewed by clicking [HERE](#).

Qualifiers

For a list of all 2020 State Qualifiers, please click [HERE](#).

Live Results

For all live results during the state event, please click [HERE](#) (this link will become active when live results begin).

Packets

You can pick-up your packet one hour and fifteen minutes prior to the start of your race. You may not pick-up your packet any earlier than one hour and fifteen minutes prior. The head coach is the only individual allowed at the packet pick-up area. The packet pick-up area will be located outside in front of the Norris Penrose Event Center.

Weather

Should weather be an issue, further information and instructions will be posted on [CHSAANow](#)

Team Check-In

- The check in, staging areas, wave and starting lines are all RESTRICTED areas.
- NO EARLY ENTRY - check time schedule to see when your wave checks in.
- Runners will be checked in as individuals, not as a team. Check your wave sheets to see when your check-in time is set for.
- NO COACHES, ALTERNATES, OR MANAGERS ALLOWED IN THE CHECK IN/START LINE AREA. Runners only (2A – 5 runners, 3A, 4A, 5A – 6 runners, plus individual runners)
- Runners will be given bibs and wrist bands in their team packet. Bibs will be plain white with a colored dot in the upper right-hand color indicating the classification. There will be a number in the middle of the circle indicating the wave that runner will be in. Wrist bands will be a matching color.
- SUBSTITUTIONS – replacement runner takes injured runners' bib and wrist band and runs using injured runners' name. They will run in the same box and wave as the injured runner.
- Officials will direct runners to designated check in tables for uniform, wrist band and bib check. Runners will be checked in individually according to the wave they run in, not by team
- **Once runners are checked in they will be given 5 minutes for run outs (stage ONE) while the next wave is checked in.**
- Runners will then be taken to the wave lines for final instructions (stage TWO).
- **There will be ONE runner per box, moving up a wave line each time a wave has been checked in and completed their run outs. This process will continue until Wave ONE is at the start line. At this time each wave will be given the option for ONE additional run out before the race starts.**
- At the start of each wave all runners will be given the option to remove their mask and secure it 30 seconds before the gun goes off for their wave start. Runners will need to keep their mask with them and put it back on after they cross the finish line.
- Waves go off 45 seconds at a time.
- There will be NO recall if a runner falls. Runners will need to get up and keep running. Runners have been placed 6 feet apart from each other on the start line to create space and separation.
- There will be the ability to pick-up athlete warm-up apparel during the check-in process.
- There will be no team cheers or huddles once teams/runners have entered the check-in area.

Note to Coaches

- Please note that the warning for an illegal uniform will be given to each athlete at check-in and.
- An athlete with an illegal uniform will receive a warning. He/she will be told to make the uniform right. If they return and have not changed or altered the uniform, they will then be disqualified.

Buses (All student transport vehicles – Short Bus, Suburban, School Bus)

Bus and Team parking information: All buses enter main entrance of NPEC.

CONGRATULATIONS AND GOOD LUCK! WE LOOK FORWARD TO AN AWESOME CHAMPIONSHIP SATURDAY!