

Athletic Department



NORTON BLUEJAYS



Norton Junior High

706 N. Jones, Norton, KS 67654
Phone: (785) 877-5851
Fax: (785) 877-3771

Athletic Director

706 N. Jones, Norton, KS 67654
Phone: (785) 877-5851
Fax: (785) 877-3771

Norton High School

513 W. Wilberforce, Norton, KS 67654
Phone: (785) 877-3338
Fax: (785) 877-6940

KSHSAA 3A Regional Cross Country 2019

Norton Community Schools is honored to host the 2019 KSHSAA 3A Regional Cross Country. We will strive to make the experience positive for the student athletes, coaches, and cross country fans. If you have questions that are not addressed through this informational letter, please contact NCHS Cross Country Coach George Rossi (grossi@usd211.org) or NCHS Athletic Director Dustin McEwen (dmcewen@usd211.org).

TO: Beloit HS, Colby HS, Concordia HS, Goodland HS, Gypsum-Southeast of Saline HS, Hays-Thomas More Prep-Marian HS, Hoisington HS, Holcomb HS, Lakin HS, Lindsborg-Smoky Valley HS, Minneapolis HS, Norton Community HS, Phillipsburg HS, Russell HS, Scott Community HS

From: Dustin McEwen, Norton Community High School Athletic Director
George Rossi, Norton Community High School Cross Country Coach

Date of Regional: October 26, 2019

Location: The race will be held on the beautiful Prairie Dog Golf Course. If you attempt to use mapquest, I suggest using the address: 16755 Pdra Rd, Norton, KS 67654-5699. Please see the attached map for additional help in locating the Prairie Dog Golf Course.

Starting Times: (Don Wiens will be the starter)
Coaches Meeting @ 10:00 am (by the Club House)
3A Girls: 10:30 am
3A Boys: 11:15 am
Awards: Following the Final Race (by the Club House)

Entries: Entries for regional cross country will be submitted online. Coaches will log on to the KSHSAA website and enter up to 10 runners. Entries are due by noon on Monday, October 21. Not additions will be allowed after this time. Substitutions are permitted only with KSHSAA approval for injury or illness and non will be approved after Wednesday, October 23.

Games Committee: George Rossi-Norton, Wade Caselman-SES, Brad Mason-Beloit,
Cody Marintzer-TMP, Shawn Martin-Lakin

State Cross Country Form: CC-3 and CC-4 must be submitted to the state manager by noon on
Monday, October, 28.

Criteria to Qualify for the State Meet:

1. Three (3) top teams from each regional.
2. Top ten (10) runners medal and qualify for state.
3. Top five (5) individuals from "non-qualifying teams" if not in top 10.
4. Once the top ten (10) individuals have been identified:

THEN use the procedure below to determine if additional runners from non-qualifying teams should be included as state qualifiers.

- A. Review and count those runners in the top 10 who are not members of the qualifying team.
- B. If only one (1) of the top 10 runners is from a non-qualifying team, identify the next four runners also not a member of the top three (state qualifying) teams.
- C. If two (2) of the top 10 runners are from non-qualifying teams, identify the next three runners also not members of the top three (state qualifying) teams.
- D. If three (3) of the top 10 runners are from non-qualifying teams, identify the next two runners also not members of the top three (state qualifying) teams.
- E. If four (4) of the top 10 runners are from non-qualifying teams, identify the next one runner not a member of the top three (state qualifying) teams.

Sportsmanship and legal uniform verification: This form will need to be turned in at the
10:00 am coaches meeting for each girls and
boys team.

Timing: Jesse Herbig out of Goddard, KS will be using a chip timing system to time the races.

Dressing Facilities: Limited to the restrooms at the golf course.

Restrooms: At the golf course clubhouse

Regional T-Shirts: The NCHS Forensics team will be selling 2019 Norton Regional Cross
Country T-Shirts. Additional information will be sent in a future email.

Google

Pdra Rd

start

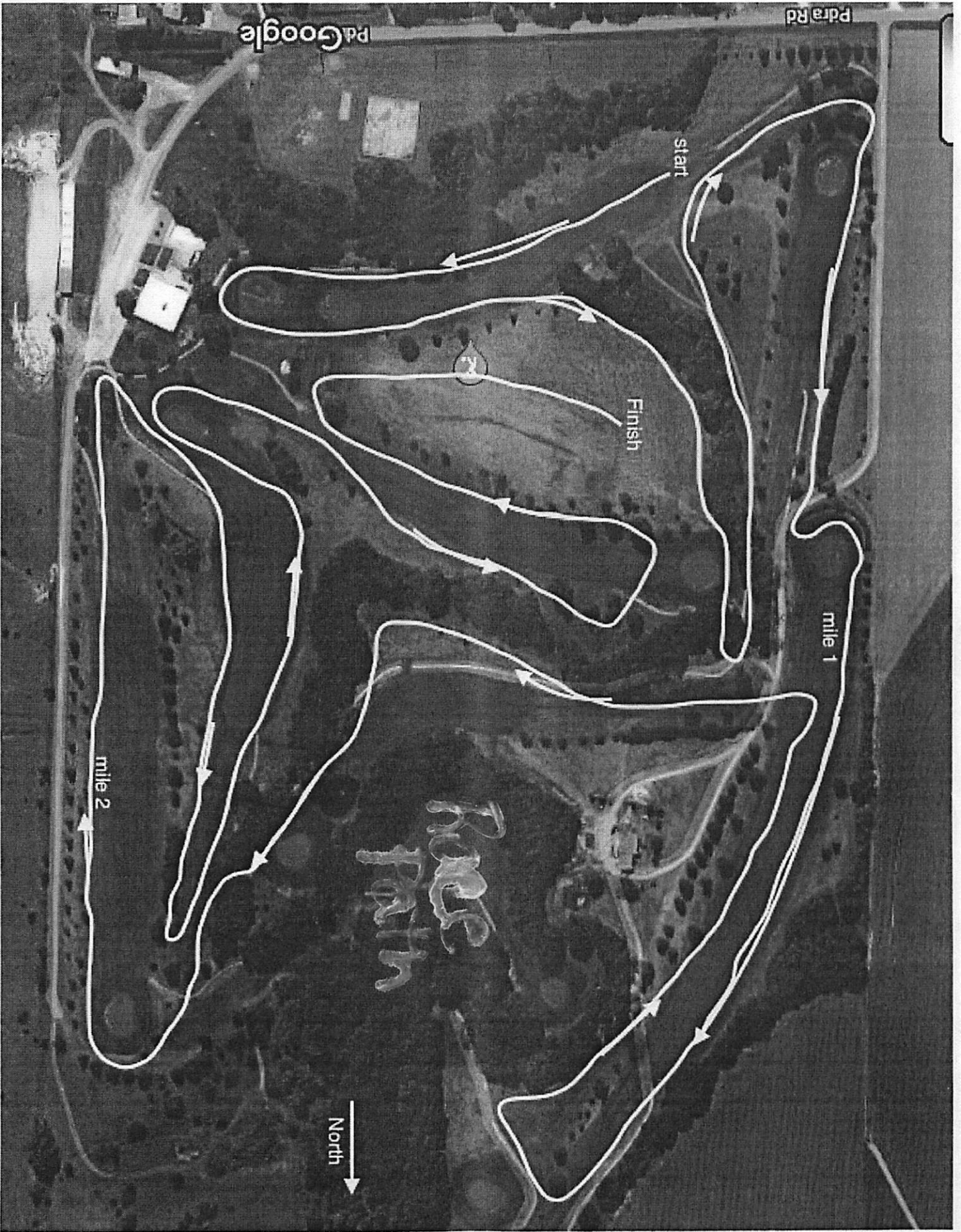
Finish

mile 1

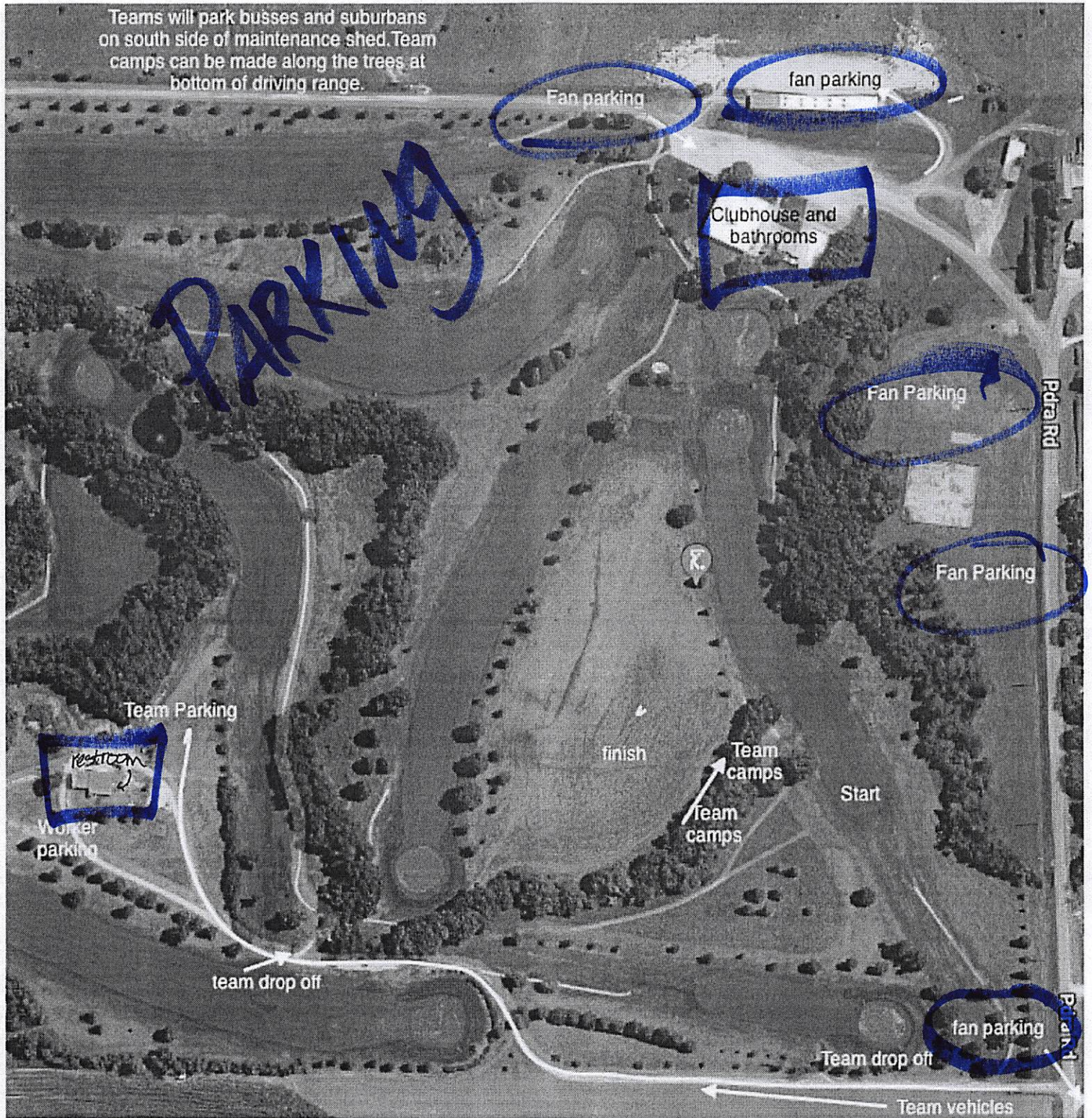
mile 2

Rose Fair

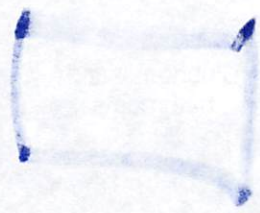
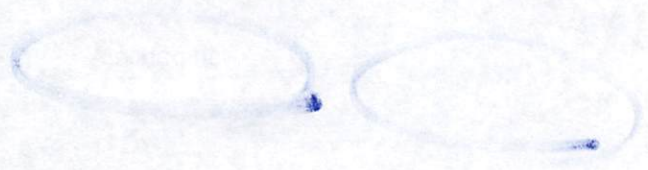
North



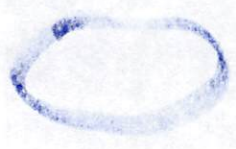
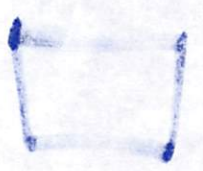
From highway 283, turn east on PDRA Rd, at Living Hope Fellowship Church. Go east for about 3/4 mile and turn left onto the road bordering the golf course. (cornfield on one side, golf course on east side. You may drop off here or proceed down to the next drop point. (about 150 yd walk). We will have people to direct you. Bathrooms are located at the clubhouse but there is also a small bathroom at the maintenance shed, where the teams will park.



Handwritten text at the top of the page, possibly bleed-through from the reverse side. The text is mostly illegible due to fading and blurring.



Handwritten text in blue ink, oriented vertically and rotated 90 degrees clockwise. The text is illegible.



KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION 2019 Regional Cross Country Meet Information

Regional cross country competition for all classes of boys and girls will be held on Saturday, October 26. Boys will run 5000 meters; Girls will run 5000 meters.

Regional entries will be submitted online at kshsaa.org – log on as a school coach to submit names by noon on October 21. Regional entry forms **CC-1** for girls and **CC-2** for boys are to be faxed/emailed to the regional manager as a back-up on or before noon October 21. No substitutions will be allowed without KSHSAA approval. No additions are allowed.

The top teams and individuals as indicated below qualify for the state meets. NOTE: In **ALL** classes, if not included in the qualifying runners, the top 5 individuals from non-qualifying teams also qualify.

Class	# Competing Schools		Regionals	Teams Qualifying from each Regional	Individuals Qualifying	Possible Extras
6A	36-Boys	36-Girls	4	3	10	5
5A	36-Boys	36-Girls	4	3	10	5
4A	36-Boys	36-Girls	4	3	10	5
3A	63-Boys	63-Girls	4	3	10	5
2A	60-Boys	60-Girls	4	3	10	5
1A	78-Boys	76-Girls	3	4	10	7

ATTENTION IS CALLED TO TRACK AND FIELD RULE 8 . . . CROSS COUNTRY. Prior to the regionals it would be helpful for coaches to carefully review all of Rule 8, and Rule 4-3-1, 2, 3, 4, 5 paying particular attention to . . .

- 4-3-1** Each team member's uniform shall be used by the school, worn as intended by the manufacturer, be of the same color and design.
- 4-3-1a** Shoes shall be worn on both feet . . .
- 4-3-1c4** Waistband of shorts shall be worn above the hips.
- 4-3-1b3** Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband.
- 8-3-3** A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number/chips shall be worn unaltered for timing purposes. Failure to do so is disqualification.
- 8-6** A competitor is disqualified who:
- a. False Starts;
 - b. Interferes with another competitor;
 - c. is unsporting or uses unacceptable conduct;
 - d. receives assistance from any other person; (Providing liquids during competition is not considered to be an assistance –PROVIDED the games committee has approved it.)
 - e. Receives assistance from another competitor to complete the race. (Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not available, on the injured/ill competitor is disqualified). NOTE: Every attempt should be made for appropriate health care professionals to make these decisions as to assistance.
 - f. Fails to complete the prescribed course that is defined by a legal marking system.

Interpretations and explanations of these and other applicable rules are included in the Cross Country Announcement sheet.

STATE CROSS COUNTRY MEET INFORMATION

State entry forms **CC-3** for girls and **CC-4** for boys must be sent to the **STATE MANAGER** immediately following your regional and by noon on October 28. The KSHSAA will send an invoice for fees owed by each school qualifying runner(s).

Send (EMAIL) your forms to:

HOSTS:

Classes 6A, 5A, 3A

Steve Heffernan, Manager
Free State High School
sheffern@usd497.org
4700 Overland Drive
Lawrence 66049-4130
FAX # 785 832-6099
PH: 785 832-6050

Classes 4A, 2A, 1A

Dennis Charbonneau, Manager
Wamego High School
charbonneaud@usd320.com
801 Lincoln Street
Wamego 66547-1539
FAX # 785 456-7382
PH: 785 456-2214

DATE:

Saturday, November 2, 2019

*Boys will run 5000 meters
Girls will run 5000 meters*

Saturday, November 2, 2019

*Boys will run 5000 meters
Girls will run 5000 meters*

SITES:

CLASSES 6A, 5A, 3A

Lawrence Rim Rock
[five (5) miles northwest of Lawrence]
Ticket Prices - \$10.00 Adults; \$7.00 Students

CLASSES 4A, 2A, 1A

Wamego Country Club
Tickets - \$9.00 Adults; Students \$6.00

State meet information can be found at [kshsaa.org/Athletics/Cross Country/State Site Info](http://kshsaa.org/Athletics/Cross%20Country/State%20Site%20Info)

SCHEDULE:

3A Girls	10:00 AM	1A Girls	10:00 AM
6A Boys	10:35 AM	4A Boys	10:35 AM
5A Girls	11:10 AM	2A Girls	11:10 AM
3A Boys	11:45 AM	1A Boys	11:45 AM
6A Girls	12:20 PM	4A Girls	12:20 PM
5A Boys	12:55 PM	2A Boys	12:55 PM

See the October issue of the Activities Journal for more information.

