

## Athletic Department



# NORTON BLUEJAYS



### *Norton Junior High*

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## *KSHSAA 3A Regional Cross Country 2020*

Norton Community Schools is honored to host the 2020 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](mailto:grossi@usd211.org)) or NCHS Athletic Director Dustin McEwen ([dmcewen@usd211.org](mailto:dmcewen@usd211.org)).

**TO:** Beloit, Colby, Ellsworth, Goodland, Hays-TMP, Hoisington, Minneapolis, Norton, Phillipsburg, Russell

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

**Date of Regional:** October 24, 2020

**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.

### **Covid Considerations: FROM KSHSAA**

- Schools will be able to list 10 runners on the regional entry form.
  - Only 7 runners will be permitted at the regional site.
- Teams may have: One manager, two coaches, and school administration.
- Face Coverings
  - Face Coverings must be worn when not socially distanced.
  - Disposable face coverings are recommended for runners.
  - The starting line and boxes are closed until 10 minutes before the race.
    - Runners are not allowed to perform run-outs until that time.
    - Face-Covering must be worn during this time.
  - The starter will permit runners to remove face coverings one minute prior to the start of the race.
  - The face covering should be placed in trash cans or boxes placed behind the starting line.

- After the race is completed, runners should have time to recover and then wear face coverings.
- Team members only should be permitted in the team tent/camp area.
- As soon as possible, teams and runners should board busses and leave the facility
- There will not be award ceremonies. Managers will put medals in packets and give to the coaches. Coaches will pick up plaques if the team places 1st or 2nd.
- KSHSAA is limiting spectators to 4 per runner.
  - All fans must wear face coverings and socially distance, especially at the start and finish line area. It is the responsibility of schools to notify their parents/fans and supporters of these regulations

**Starting Times:** (Don Wiens will be the starter)

Coaches Meeting @ 10:00 am (by the Head Tent Area--close to the finish line)

Packets-Numbers-Legal Uniform Cards--Announcements

3A Girls: 10:30 am

3A Boys: 11:15 am

No awards ceremony--

We will have an Head Tent area designated for coaches to pick up results.

Please check your packets for the correct medals before leaving the Head Tent area.

**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 19. Not additions will be allowed after this time. Substitutions are permitted only with KSHSAA approval for injury or illness and none will be approved after Wednesday, October 21.

**Games Committee:** George Rossi-Norton, Brad Mason-Beloit, Dina Giles-Minneapolis  
Cody Marintzer-TMP,

**State Cross Country Form:**

If a school needs to change the roster from the regional meet to the state meet, substitutions must be submitted to KSHSAA (Francine Martin) by noon on Monday, October 26. Forms CC-3 (girls) or CC-4 (boys) must be emailed or FAXED in by noon. Otherwise the 10 runners on CC-1 and CC-2 will be entered and assigned numbers. Only seven runners from a qualifying team will be permitted onto the state site on October 31 and each will be required to wear wristbands to enter.

**Criteria to Qualify for the State Meet:**

1. Two (2) top teams from each regional.
2. Top ten (10) runners with possibility of additional individual qualifiers
3. Top five (3) 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 two runners also not a member of the top two (state qualifying) teams.
- C. If two (2) of the top 10 runners are from non-qualifying teams, identify the next one runner also not a member of the top two (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:** Brian Kujath with Black Squirrel Timing

**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 2020 Norton Regional Cross Country T-Shirts. Additional information will be sent in a future email.

### **NORTON RESTAURANTS & FOOD SERVICES**

Hidden Dragon	118 S. State	877-4848
Jamboree (deli)	2 <sup>nd</sup> & Lincoln	877-2551
Love's Country Store	West Hwy 36	877-5494
Pizza Hut	West Hwy 36	877-3359
Subway	West Hwy 36	877-2020
Town & Country Kitchen	East Hwy 36	877-3511
Las Canteras	203 W. Washington	874-4074
Caseys	HWY 36 and HWY 283	(Hopefully open)
Sonic	West Hwy 36	874-2034
Phonz	402 S State St.	874-4384