

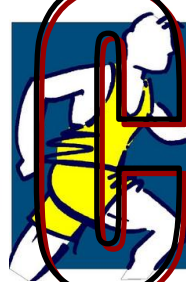
2011



Colorado High School Activities Association



CROSS



COUNTRY



BULLETIN



CROSS COUNTRY ADVISORY COMMITTEE MEMBERS

Dave Hogan, Chairman, Harrison High School
Keith Hampton, Telluride High School
Kathy Leiding, Lyons High School
Rick Macias, Pueblo East High School
Tommy Manning, Fountain Valley High School
Mike Norton, Thompson Valley High School
Jerry McWhorter, D'Evelyn High School
Allyson Robbins, Grandview High School
Diana Tiffany, Pueblo County High School

The 2011 Cross Country Committee meeting will be held on November 21, 2011 at the CHSAA office. The meeting will begin at 9:30 a.m. If you have suggestions for change, ideas, input, etc. you may contact Rhonda Blanford-Green, CHSAA or the Committee Chairperson – Dave Hogan – Harrison High School, and/or attend the committee meeting. Please let us know in advance if you plan to attend (303-344-5050). Changes made at the meeting are in effect for the 2012 season.

ROUTING INSTRUCTIONS

Enclosed you will find two cross country bulletin. PLEASE DISTRIBUTE THE BULLETIN TO YOUR CROSS COUNTRY COACH. The coach will need this information to begin the season. If you need additional bulletins you may download the bulletin from our website at www.chsaa.org – go to sports and then cross country.

THIS WILL BE THE ONLY COMMUNICATION BEFORE THE STATE TOURNAMENT.

In order to keep our lines of communication effective, it is extremely important that you distribute the information to your coach.

Thank you for your cooperation.

SYNOPSIS OF MAJOR CHANGES 2011-2012

1. ***CLOC IS NOT MANDATED TO ASSIGN A SCHOOL TO A LEAGUE***
-- Administrative & General By-laws, Article 6, Rule 610.31.....page 26
2. ***BOARD OF CONTROL RENAMED TO LEGISLATIVE COUNCIL***
-- Administrative & General By-laws, Article 8, Rule 800.....Page 27
3. ***CADA MEMBERSHIP ON LEGISLATIVE COUNCIL***
-- Administrative & General By-laws, Article 8, Rule 800.36.....page 28
4. ***EXECUTIVE COMMITTEE RENAMED TO BOARD OF DIRECTORS***
-- Administrative & General By-laws, Article 8, Rule 810.....page 30
5. ***CLASSIFICATIONS OF SCHOOLS*** Rule 1500.1
Boys Lacrosse to two classificationspage 38
6. ***NEW CLASSIFICATION FOR THE 2012-2014 CYCLE***
-- Administrative & General By-laws, Article 15, Rule 1500.1.....page 38-39
7. ***SCHOOLS CAN APPLY TO PLAY-DOWN FOR MORE THAN ONE CYCLE***
-- Administrative & General By-laws, Article 15, Rule 1500.27.....Page 40
8. ***QUALIFICATION OF COACHES AND DIRECTORS OF***
-- Administrative & General By-laws, Article 15,Page 41
INTERSCHOLASTIC ACTIVITIES
-- Administrative & General By-laws, Article 16, Rule 1620.....page 41
9. ***ALL HEAD COACHES NOT CDE LICENSED MUST BE REGISTERED WITH CHSAA***
-- Administrative & General By-laws, Article 16, Rule 1620.....Page 41
10. ***UP TO FOUR SCHOOLS CAN SCRIMMAGE AT FOOTBALL CAMPS***
-- Administrative & General By-laws, Article 33, Rule 3310.....page 113



Colorado High School Activities Association

'Seeking Excellence in Academics, Activities and Athletics'



14855 E. 2nd Ave.
Aurora, CO 80011
(303) 344-5050
Fax (303) 367-4101
www.chsaa.org

TO: ATHLETIC DIRECTORS/COACHES OF SCHOOLS PARTICIPATING IN CROSS COUNTRY
FROM: RHONDA BLANFORD-GREEN, ASSOCIATE COMMISSIONER
RE: 69th ANNUAL CHSAA HIGH SCHOOL BOYS' CROSS COUNTRY SEASON
34th ANNUAL CHSAA HIGH SCHOOL GIRLS' CROSS COUNTRY SEASON

I look forward to serving as your cross-country commissioner for the 2011 season. The State Cross Country Meet will be held at Arapahoe County Fairgrounds on October 29, 2011. I wish you luck for a rewarding season for each of you and your teams. Dave Hogan, Athletic Director at Harrison High School will chair the committee. The meeting will be November 21, 2011 at 9:30 am at the CHSAA office.

Again, I would like to thank coaches for their time, effort and for continuing to develop and mentor young athletes.

While the nature of cross country remains essentially the same, there are some major changes and/or issues to be considered.

COACHES:

**YOU WILL BE RESPONSIBLE FOR SUBMITTING YOUR REGIONAL ENTRIES
IN CHAMPION CHIP BY OCTOBER 23 BY 10:00 A.M.**

Please Note the following CHSAA By-law Changes:

1. **1800.21** A student, regardless of past participation as noted in 1800.32, who transfers to a school where his/her club or “outside coach” is contracted as a school coach, will be ineligible for varsity competition in that sport for an entire calendar year.
2. **1800.3** Any transfer substantially motivated by athletic considerations will cause the student to be ineligible for one calendar year.
3. **2310.3** Each student competing in an interscholastic sports program must have had a minimum practice period of **five days in** her sports(s) (exclusive of Sundays) before representing her school in an interscholastic contest or scrimmage (football is still 9 practices).
4. **2310.5** A coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity. CONTACT YOUR AD FOR CLARIFICATION.
5. **2320.12** Scrimmages may be held beginning the 10th day (including the first day of practice, but not including Sundays) after the start of formal practice in fall sports.

MAJOR CHANGES

At the regional meet an additional two runners added to the varsity team. Nine runners – 4A/5A, eight runners – 3A, and seven runners – 2A. these runners will not displace individual runners for team scoring and will not count toward team scoring. All runners will be allowed to receive a top 15 individual ribbon should they finish in those places.

Rationale

The additional runners often attend the event as alternates will have the opportunity to view for a team place under equitable conditions without additional cost or travel to competing schools.

INFORMATIONAL ITEMS

- A. Cross Country Coaches Association Clinic is in February 4 & 5, 2011. For information go to colohsca.org.
- B. Cross Country Committee had intense discussion regarding full teams by all schools at regional. It was agreed that a set number would create inequities across the state. The request to administrations is work with your cross country coaches and programs to increase participation so that each team in region is represented with participants.
- C. Committee recommended that CHSCA Clinic has a session on “how to increase cross country participation and retain athletes.
- D. Coaches need to be aware of procedures for wearing medical jewelry.
- E. Arapahoe County Fairgrounds in partnership with Smoky Hill High School and Runners Roost will be the host for the 2011 and 2012 CHSAA Cross Country Championship. A \$5.00 per car fee will be instituted if logistics allow at Arapahoe County Fairgrounds.

NATIONAL FEDERATION RULE CHANGES

3-3-1	Identifies the meet director as the official representative of host meet management.
3-3-new 2	Responsibility for handling unsporting conduct by a spectator(s) or other issues outside of the competition rules falls on the meet director and/or his/her designee.
4-3-3a	Changes the requirements while wearing a medical alert medal to accommodate several new styles of bracelets.
4-3-3 new d	Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor’s hair.
4-3-3 new Pen	Modifies the penalty for the wearing of jewelry. A first violation will no longer result in immediate disqualification, instead a team warning will be issued and any subsequent violation by any team member will result in disqualification from the event.
4-new 4-1	Clarifies the rules regarding braces, casts and padding
4-new 4-2	Clarifies the rules regarding the use of prostheses.
4-new 4-3	Clarifies the rules regarding concussion management.
4-new 4-4	Places a long-standing informal procedure within the rules for the state association and school to follow when an accommodation/modification of the rules for participation is made due to medical or religious reasons.

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2011 CROSS COUNTRY CALENDAR

August 15 1st formal practice

August 25 1st date for one of two allowable interscholastic scrimmages

(Note: All participants are required to have 5 days of high school practice, in cross country, before they are allowed to scrimmage or compete against another school.)

September 1 1st interscholastic contest

October 22 Regional qualifying completed

October 29 Boys' & Girls' State Meet
Arapahoe County Fairgrounds, Aurora

IMPORTANT CALENDAR NOTE

ACT & SAT TESTING DATES

The ACT Test will be given on:
Saturday, September 10, 2011; October 22, 2011; December 10, 2011.

The SAT Test will be given on:
Saturday, October 1, 2011; November 5, 2011; December 3, 2011.

DATES

Regional Qualifying:
October 21-22, 2011

State Championships:
October 29, 2011

CHSAA TRANSFER RULE AFFECTING FALL SPORTS

Colorado School Choice: The CHSAA supports school choice in academic pursuits and encourages its student participants to enhance their academic achievement. In concert with this attitude, the Association’s philosophy addresses the establishment of a fair playing field for all student athletes.

1800.1 The transfer rule addresses athletic eligibility only as it relates to transfer between schools. Rules related to age, semesters, academic requirements and other CHSAA by-laws may result in an eligible transfer being declared ineligible.

1800.21 A student, regardless of past participation as noted in 1800.32, who transfers to a school where his/her club or “outside coach” is contracted as a school coach, will be ineligible for varsity competition in that sport for an entire calendar year.

1800.22 For purposes of this rule, "the beginning of the school year" shall be defined as that period of time prior to a student's enrollment and attendance for 15 days or his/her participation in an interscholastic contest or scrimmage.

Q1: How many contests may a student play after transferring over the summer?	
A1: A student who transfers schools over the summer without a bona fide family move will have restricted eligibility for the first 50% of the regular season and may have varsity eligibility during the second 50% of the regular season (holes of golf/wrestling points) under the conditions of 1800.2 and 1800.3 as follows:	
<u>Sport</u>	<u>Number of contests with restricted eligibility at beginning of the regular season</u>
Baseball	9 games
Basketball	1A, 2A, 3A – 9games; 4A, 5A – 11 games
Cross Country	5 meets
Field Hockey	7 games
Football	6-man, 8-man, 1A, 2A – 4 games
Football	3A, 4A, 5A - games
Golf (holes)	99 holes
Gymnastics	5 meets
Ice Hockey	9 games
Lacrosse	7 games
Skiing	The first of 3 qualifying events
Soccer	7 games
Softball	9 games
Spirit	Non-participation in all varsity games, competitions, performances, pep rallies until the sixth Friday after the first contest date.
Swimming	5 meets
Tennis	5 matches
Track & Field	5 meets
Volleyball	9 matches
Wrestling	15 points

CHSAA CROSS COUNTRY ELIGIBILITY AND PLAYING GUIDELINES

Following are points of emphasis cross country coaches should review with their staff and competitors in reference to CHSAA rules and regulations. This list is not all-inclusive, but highlights only key areas.

OUTSIDE COMPETITION

DEFINITION SPORTS SEASON – A sports season begins with the first formal practice session as established in the CHSAA by-laws and ends with the final state championship in that sport. (CHSAA Handbook, Article 21, Rule 2100.1)

EXCEPTION: The sports season ends for a member of a high school athletic team on the day following the completion of his or her school's competition at the level at which the student competes. (CHSAA Handbook, Article 21, Rule 2100.11)

MANDATORY COACHES MEETING

All varsity coaches shall attend annually a CHSAA approved rules clinic in their sport prior to the start of the first interscholastic contest.

Penalty: Coach placed on probation for first offense; restriction for subsequent offenses.

Any varsity coach who attended The Track and Field/Cross Country Coaches Conference in February satisfied the above requirement for the 2011 Track & Field and Cross Country seasons. If you did not attend this conference, you can attend a rules clinic conducted by a certified Track and Field/Cross Country official. The rules clinic must address all new rules, interpretations and case scenarios pertaining to rules application by a certified official.

RESTRICTION FOR PLAYING JUNIOR HIGH SCHOOLS

Scrimmaging, practicing or competing against junior high or non-school teams or individuals constitutes a violation.

SUNDAY PRACTICE RULE

No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any activity from the student's school shall take place on Sunday at any time during the school year. (This is to include both in-season and out-of-season sports/activities other than those noted in the Music By-laws.) The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

EXCEPTION 1 – A coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

PHYSICAL EXAMINATION/PARENT CONSENT

No student shall represent his/her school in interscholastic athletics (practice or contest) until there is on file with the school administration a statement signed by his/her parents or legal guardian and a practicing physician certification stating that he/she has passed an adequate physical examination within the past year (12 calendar months). A student who has received an adequate physical examination at least once upon entering high school may elect to have a medical re-evaluation instead of a physical exam. (CHSAA By-law 480)

WARNING OF DANGERS

Parents and students, as part of the consent form, acknowledge the risks involved in competition. Serious, catastrophic and fatal accidents may occur. Contact your school Athletic Director or Principal about district-sponsored insurance for students.

SANCTIONED EVENTS

Sanctioning is required by the CHSAA for cross country meets that are not hosted by a member school. If member schools wish to voluntarily submit notification of their scheduled invitational meets the CHSAA will appropriately publicize the events. Invitational lists of meets have been included in the bulletin.

SCRIMMAGE DATE

Schools are permitted two interscholastic scrimmage dates, which may be held only between the 10th day following the start of formal practice and the conclusion of the final state championship contest. The first allowable date for scrimmages in cross country is August 25, 2011.

A scrimmage is the meeting of any number of individuals or teams from two or more high schools on a single date for participating under the conditions enumerated below:

1. All participants taking part in an interscholastic scrimmage must have completed nine days of school practice in the sport in which they are competing.
2. Scrimmage may not be held with non-high school teams or individuals.
3. All participants must meet all eligibility requirements.
4. No score may be kept.
5. The scrimmage may not be advertised and no admission is to be charged.
6. No officials may be paid.

PRACTICE RULE

Each student competing in an interscholastic sports program must have had a minimum practice period of five days in his/her sport(s) (exclusive of Sundays) before representing her school in an interscholastic contest or scrimmage (football is still 9 practices).

MAXIMUM STUDENT PARTICIPATION

An individual student/athlete may not compete in more than 11 meets at any level during the season, exclusive of the regional and state championship meets. If an athlete starts a race, this is counted as one of their 11 meets.

SEPARATE COMPETITIONS

At no time may a girls' and boys' race start at the same time (including Freshman, JV and Varsity levels). Boys' and Girls' competitors may be on the same course at the same time.

WIRELESS COMMUNICATION

The use of wireless communication devices (headsets, radios, cellular phones, etc.) by coaches and other team personnel may be used outside of the competitive arena.

A competitor using or aided by a wireless communication device during competition shall be assessed an event disqualification. A coach or other school personnel using wireless devices that have been disallowed shall be charged with "unsportsmanlike conduct." The involved individual(s) shall be disqualified from further involvement in the meet.

ACADEMIC ELIGIBILITY

During the season, the student (Plan A) must be enrolled in courses which offer a minimum of 2.5 Carnegie units (usually five full-time classes) and must not be failing more than a ½ unit or (Plan B) the student must be enrolled in 2.5 Carnegie units and must pass 2.5 Carnegie units. Check with your school administration for the exact eligibility requirement used by your school. Regardless of which plan is used, it is the responsibility of the coach to verify the eligibility of all interscholastic participants. (CHSAA By-law 1720)

In order to be eligible in the fall, the student must have fulfilled the above requirement in the second semester of the previous school year.

CHECK YOUR PLAYERS' COURSE LOADS. A student who begins the semester with five full-time classes, but who withdraws from one class, becomes immediately ineligible.

NON-CERTIFIED COACHES, UNAUTHORIZED ASSISTANTS

Review Rule 1620 in the CHSAA Handbook regarding the qualification of coaches. Do not allow your athletes to receive the instruction from anyone who does not meet the requirements established in 1620.

An assistant coach shall be under contract to the district, and if not a certified teacher or CHSAA registered coach, shall be prohibited from assuming the responsibility for supervision and instruction, unless under the direct supervision of a certified teacher or CHSAA registered coach.

REGULAR SEASON INFORMATION

DISTANCE

The distance to be run in competition (boys & girls) will be measured at approximately 5000 meters. Cross country courses can be 2500 to 5000 meters length as determined by the meet director. Games measurements shall be along the middle of the course. National Federation doesn't require specific measuring devices. The course will be marked and approved by the Games Committee.

LEGAL UNIFORMS:

A competitor may be disqualified for wearing an illegal uniform as outlined in Rule 9, Section 6 (2011 Track & Field Rules, page 69). (Article 4 is the same rule which applies to track relay teams.)

Gloves may be worn by competitors. Unless conditions warrant and approved by the Games Committee ahead of time, hats may not be worn. Sunglasses may be worn.

DISQUALIFICATION/EJECTION CLARIFICATION

An athlete will be disqualified for the following:

- A false start.
- Interfering with another competitor
- Using unsportsmanlike or unacceptable conduct
- Aiding or assisting another person that could improve that competitor's performance (This will be subject to the official's interpretation and can not be appealed.)
- Fails to complete the prescribed course that is defined by a legal marking system.

Note: Providing liquids during competition is not considered to be an aid or assistance.

An intentional or flagrant foul identified by a head official/referee against a coach and/or athlete will result in immediate disqualification and the next scheduled contest. The head coach must be told of their or their athlete's disqualification on site by the head official. The reporting official must send/fax a written notification to the CHSAA office within 48 hours of the incident.

SCORING

A modified scoring system was adopted for the regional and state meets, which keeps an individual competitor in the tally for scores. Individuals and teams that finish without the required number of team competitors will not receive a team score.

TIES

In team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with sixth-place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail. If only five competitors of tying team finish, the tie shall be resolved by totaling the scores of the first four finishers.

COACHING AT CHAMPIONSHIPS

Coaches may instruct, give splits from an unrestricted area. The official race course is restricted. Officials may designate other areas for restriction.

PACING

Pacing is the conveying of advice, information, or direct help to an athlete by any means, including technical advice on the competitive course.

Pacing by any parties during the competition will result in a disqualification(s).

Pacing penalty will occur if any individual runs alongside a competitor while their competing.

WIRELESS COMMUNICATION

The use of wireless communication devices (headsets, radios, cellular phones, etc.) by coaches and other team personnel may be used outside of the competitive arena.

A competitor using or aided by a wireless communication device during competition shall be assessed an event disqualification. A coach or other school personnel using wireless devices that have been disallowed shall be charged with “unsportsmanlike conduct.” The involved individual(s) shall be disqualified from further involvement in the meet.

CELL PHONES USED IN THE RESTRICTED AREA WILL RESULT IN AN EVENT DISQUALIFICATION.

TEAMS ON COURSE DAY DURING SEASON

Any coach/team that would like to walk/run approximate course during season **MUST** contact **Brian Manley at Smoky Hill High School 720-886-5543 (phone)** to be on campus.

DUE PROCESS

“Due Process” is a term that many coaches and administrators are familiar with but we can’t expect student-athletes to know the expectations if they are not properly communicated. Our recommendation is that each coach prior to the start of the season, hold a meeting and review the following excerpts. An inclusion of an administrator, athletic director, and all coaches involved with the particular sport be in attendance. A comprehensive “Due Process” meeting fulfills your responsibility in these content areas and clarifies to the student-athletes their accountability.

With this in mind, the following points are presented for your consideration and hopeful implementation prior to the start of the season. By this means, you have fulfilled your responsibilities in the area of due process and further, enhanced lines of communication in maintaining athletic eligibility. It is urged an administrator, athletic director and all coaches be in attendance to conduct the following:

PARENT MEETING

A parent orientation prior to the start of the season will prove invaluable. An orientation allows you the opportunity to review: CHSAA and school rules/regulations, acknowledge risk associated with the sport and parental responsibilities, possible viewing of films such as “Warning, It Could Happen to You” and coaching philosophies. A letter highlighting your topics should be sent to parents not in attendance.

STUDENT MEETING

Conduct a student participation orientation meeting prior to the first practice session. Include and highlight key areas from your parent orientation. Attendance record and brief highlights of this meeting should be kept in your permanent file. Strong consideration should be given to deny practice until the student-athlete has been given this information.

STUDENT CAUTION

It is suggested that students be informed, should any situation arise which may possibly jeopardize their eligibility (such as amateur status, outside competition, etc.), they should contact a school official and/or coach for an interpretation prior to participating.

SAMPLE WARNING TO STUDENTS AND PARENTS

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and perhaps, FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in athletic participation and make their choice to participate aware of the risks.

Preventative instruction, precaution and/or supervision won't totally eliminate all risk of injury. The intent is to make parent and student-athlete aware of the possible danger and unforeseen injuries. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

For additional information, please contact your school principal or athletic director.

Instruction: Sign both copies, retain one for your records, and return the other to your school.

Student's Name _____ Sport(s) _____
This will acknowledge that we have _____
read and understand the material _____
contained in the NOTICE TO ATHLETES _____
AND PARENTS OR GUARDIANS _____

Signed _____ Date _____
Parent or Guardian

Signed _____ Date _____
Student

REGIONAL INFORMATION

IMPORTANT DATES

Wednesday, October 19 through
Saturday, October 22

Regional Qualifying Meets (Regional list included)

Sunday, October 23

Coaches submit team entries electronically by 10:00 am

Saturday, October 29

Boys' and Girls' State Cross Country Meet Arapahoe County
Fairgrounds - Aurora

Monday, November 21

Cross Country Meeting at the CHSAA Office – 9:30 am

*If you have suggestions, ideas, etc. for the Cross Country format or input, contact Dave Hogan, Harrison High School or Rhonda Blanford-Green, CHSAA office.

REGIONAL ELIGIBILITY

Only runners representing member schools and who are eligible (under CHSAA By-laws) for competition are eligible to participate in the regional meet for advancement to state. All schools participating in the regional meet must have paid a separate participation fee for the boys' team and for the girls' team in order to be eligible for regional participation.

ENTRIES TO REGIONALS

***Regional directors are responsible for entries into their regional meet. They must contact coaches directly. It is recommended that they begin communicating with teams in their regional at the beginning of the season.**

ENTRIES TO STATE

Coaches are responsible for entering their qualified athlete(s)/team into the state meet. Information on how to submit entries is included in this bulletin.

DISTANCE

All distances at the regional and state level shall be measured to 5,000 meters.

RIBBONS

Ribbons will be presented to those individuals who have finished in the top 15 places in the regional meet. Plaques will be presented to the first and second place at each regional meet.

CHUTES

Chute placement will be done by random draw per games committee.

INCLEMENT WEATHER

The following policy statements represent the general operating procedures of the CHSAA regarding post-season games/events, tournaments/conferences that are threatened by inclement weather. Circumstances not covered by this policy are left to the discretion of the CHSAA Office for directions and/or discussions where deemed appropriate.

Note: Schools and individuals have the added responsibility of making alternative travel plans to contest/tournament sites based upon weather forecasts, etc. As a common factor, input and recommendations are to be sought from the Highway Patrol Division of Highways and Travel.

Team Competition

1. Tournaments/Conferences - In the event inclement weather prevents a team(s) from arriving on time for a scheduled contest as part of a post-season tournament, the following steps will be enacted:
 - a. Notify the tournament director or designee with complete details a minimum of four hours prior to the scheduled starting time the day the tournament is to begin and/or other affected days of the tournament.
 - b. If unable to arrive for the scheduled starting time, that segment of the bracket (game) will be moved to a later time slot that evening, following the completion of all scheduled contest.
 - c. In the event "b" is not possible, the game(s) will be rescheduled the following morning-- where the schedule permits --at a time to be set by the tournament director.
 - d. In the event "c" is not possible and the contest(s) cannot be rescheduled due to facility and/or schedule conflicts, etc. the contest shall be declared a forfeit. When a consolation bracket is involved, the team unable to make the contest will enter the consolation bracket.

INCLEMENT WEATHER (Continued):

Individual Competition

1. **Tournaments/Conferences** - In the event inclement weather prevents an individual(s) from arriving on time for a scheduled match as part of a post-season tournament, the following will apply:
 - a. In cases where less than 10% of participants are affected, the event/tournament will continue as scheduled and the individual will forfeit his/her position in the draw. When a consolation bracket is involved, the participant(s) unable to make the scheduled match will enter the consolation bracket.
 - b. If a number of participants in excess of 10% cannot be present prior to the official check-in period, but are planning to attend and contact the tournament director a minimum of four hours in advance of the tournament, the tournament director-- in consultation with the CHSAA --may adjust the overall bracketing and schedule for the purpose of allowing maximum participation.
 - c. When the number of participants is 25% or more who are unable to be present, the tournament director-- in consultation with the CHSAA --shall postpone all or part of the day's contests/activities. Schedule/brackets and alternative plans shall be determined by the director-- in conjunction with the CHSAA --which may include extending the activity.

REGIONAL POINTS OF EMPHASIS

All regional meets shall have a games committee, referee and a starter. (See National Federation rulebook for position descriptions.)

Consensus in decision making on the regional level will minimize communication discrepancy between meet officials, coaches, and/or athletes.

2011 BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 2A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1 (13) Alexander Dawson, Collegiate Academy, Denver Academy, Denver Christian, Lutheran (Parker), Lyons, *Merino, Nederland, Resurrection Christian, Shining Mountain Waldorf, Union Colony, Wiggins, Yuma

Site: Lyons High School
Date: Thursday, October 20 Time - TBA
Director: Mark Roberts, Coach
School: Lyons High School
S. 2nd Street
Lyons 80540
Phone: 303-823-6631

REGION #2 (12) Colorado Springs School, Evangelical Christian, Fountain Valley, Front Range Christian, Kiowa, *Peyton, Pikes Peak Christian, Plainview, Rocky Ford, Rye, South Baca, Vanguard

Site: Fountain Creek Regional Park (Fountain)
Date: Friday, October 21
Director: Tim VanSickler, AD
School: Peyton High School
13885 Bradshaw Road
Peyton 80831
Phone: 719-749-0417

REGION #3 (11) Antonito, Centennial, Center, *Creede, Custer County, Del Norte, John Mall, Mountain Valley/Moffat, Sangre de Cristo, Sargent, Sierra Grande

Site: Monte Vista Golf Course
Date: Friday, October 21 – Time: 9:00 am
Director: Kyle Uhrich, Cross Country Coach
School: Creede High School
308 LaGarita Street
Creede 81103
Phone: 719-658-2220

CLASS 2A (Continued)

REGION #4 (8)

Crested Butte Community, DeBeque, **Lake City** Community, Mancos, *Meeker, Ouray, Rangely, Telluride

Site: Confluence Park - Delta
Date: Wednesday, October 19 – Time: 1:00 pm
Director: Bruce Keith, AD
School: Delta High School
1400 Pioneer Road
Delta 81416
Phone: 970-874-8031

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

Qualifying Procedure - 40% full teams - all athletes who finish in the top 15 places. Full teams must consist of 3-5 members (score "3"). Members of full teams must start and finish race to be included in percentage counts.

2011 BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 3A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1 (14) Aspen, Basalt, Bayfield, Buena Vista, Centauri, Coal Ridge, Grand Valley,
*Gunnison, Hotchkiss, Lake County, Monte Vista, Olathe, Pagosa Springs, Rifle

Site: Confluence Park - Delta
Date: Wednesday, October 19 – Time: 2:00 pm
Director: Bruce Keith
School: Delta High School
1400 Pioneer Road
Delta 81416
Phone: 970-874-8031

REGION #2 (11) Alamosa, Classical Academy, Colorado Springs Christian, Ellicott, Florence, *James
Irwin Charter School, La Junta, Lamar, Manitou Springs, St. Mary's, Salida

Site: Fountain Creek Regional Park (Fountain)
Date: Friday, October 21
Director: Alan Versaw, CC Coach & Blake Gavin, AD
School: The Classical Academy
975 Stout Road
Colorado Springs 80921
Phone: 719-484-0091

REGION #3 (14) Academy, The, Arrupe Jesuit, Clear Creek, Colorado Academy, Denver School of
Sci. & Tech., Faith Christian, Holy Family, Kent Denver, *Peak to Peak Charter,
Machebeuf, Bishop, Middle Park, Platte Canyon, St. Mary's Academy, Sheridan

Site: Holy Family High School
Date: Friday, October 21
Director: Tom Buckner
School: Peak to Peak High School
800 Melin Drive
Lafayette 80026
Phone: 303-917-4255

CLASS 3A (Continued)

REGION #4 (15) Berthoud, Brush, Eagle Ridge Academy, Eaton, Estes Park, Frontier Academy, **Highland**, Jefferson Academy, Mead, Pinnacle (The), Platte Valley, Strasburg, University, *Valley, Weld Central

Site: Lyons High School
Date: Thursday, October 20 – Time: TBA
Director: Kathy Leiding, AD & Mark Roberts, Coach
School: Lyons High School
100 S. 2nd Avenue
Lyons 80540
Phone: 303-823-6631

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

Qualifying Procedure - 40% full teams - all athletes who finish in the top 15 places. Full teams must consist of 4 - 6 members (score "4"). Members of full teams must start and finish race to be included in percentage counts.

2011 BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 4A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1 (15) Alameda, Arvada, Centaurus, Conifer, D'Evelyn, *Denver North, Englewood, Evergreen, Fort Lupton, Golden, Green Mountain, Mullen, Skyview, Valor Christian, Wheat Ridge

Site: City Park
Date: Friday, October 21
Director: Justin Saylor
School: Denver Public Schools
2700 W. 7th Avenue
Denver 80204
Phone: 720-423-4247

REGION #2 (15) Broomfield, Erie, Fort Morgan, Frederick, Greeley Central, Longmont, Mountain View, Niwot, Northridge, *Roosevelt, Silver Creek, Skyline, Sterling, Thompson Valley, Windsor

Site: Lyons High School
Date: Thursday, October 20 – TBA – 3:00 pm
Director: Mark Roberts, Cross Country Coach
School: Lyons High School
100 S. 2nd Avenue
Lyons 80540
Phone: 303-823-6631

REGION #3 (15) Air Academy, Denver South, Denver West, Discovery Canyon, Elizabeth, Falcon, J.F. Kennedy, Lewis Palmer, *Mitchell, Palmer Ridge, Ridgeview, Sand Creek, Thomas Jefferson, Wasson, Woodland Park

Site: Monument Valley Valley Park
Date: Thursday, October 20
Director: David Eichman, District Athletic Director
School: Colorado Springs School District #11
2020 Glenn Summer
Colorado Springs 80903
Phone: 719-520-2690

CLASS 4A (Continued)

REGION #4 (14) *Canon City, Cheyenne Mountain, Coronado, Harrison, Mesa Ridge, Pueblo Centennial, Pueblo Central, Pueblo County, Pueblo East, Pueblo South, Pueblo West, Sierra, Vista Ridge, Widefield

Site: Pueblo City Park
Date: Thursday, October 20 – Time: 4:00 pm (Girls)
Director: Rick Macias, District Athletic Director
School: Pueblo City Schools
315 W. 11th
Pueblo 81003
Phone: 719-549-7135

REGION #5 (11) Battle Mountain, Delta, Durango, Eagle Valley, Glenwood Springs, Moffat County, Montezuma-Cortez, *Montrose, Palisade, Steamboat Springs, Summit

Site: Confluence Park - Delta
Date: Wednesday, October 19 – Time: 3:00 pm
Director: Bruce Keith, AD
School: Delta High School
1400 Pioneer Road
Delta 81230
Phone: 970-874-8031

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

Qualifying Procedure - 40% full teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 7 members (score "5"). Members of full teams must start and finish race to be included in percentage counts.

2011 BOYS' & GIRLS' CROSS COUNTRY REGIONALS
(All TBA's will be updated on the website as information is available to CHSAA)

CLASS 5A

(Schools may be added or deleted from regional based on ability to field teams)

REGION #1 (12) Abraham Lincoln, Arapahoe, Arvada West, Aurora Central, Columbine, Denver East, Eaglecrest, *Grand Junction, Littleton, Montbello, Smoky Hill, Thornton

Site: Denver City Park
Date: Friday, October 21
Director: Justin Saylor
School: Denver Public Schools
2700 W. 7th Avenue
Denver 80204
Phone: 720-423-4245

REGION #2 (13) Bear Creek, Central (GJ), Chatfield, Cherokee Trail, Cherry Creek, Dakota Ridge, *Gateway, Grandview, Heritage, Overland, Regis (Boys), Regis (Girls), Standley Lake

Site: Aurora Sports Park
Date: Wednesday, October 19 – 4:00 pm
Director: Robert Jefferson, Athletic Director
School: Gateway High School
1300 S. Sable Blvd.
Aurora 80012
Phone: 303-326-1827

REGION #3 (12) Boulder, Fairview, Fruita Monument, George Washington, Greeley West, Hinkley, Lakewood, Monarch, Pomona, Ralston Valley, *Rangeview, ThunderRidge

Site: Aurora Sports Park
Date: Wednesday, October 19 – 2:30 pm
Director: Vic Strouse, Athletic Director
School: Rangeview High School
17599 E. Iliff Avenue
Aurora 80013
Phone: 303-271-2856

CLASS 5A (Continued)

REGION #4 (13) Adams City, Brighton, Fort Collins, Fossil Ridge, Horizon, Legacy, Loveland, Mountain Range, Northglenn, Poudre, *Prairie View, Rocky Mountain, Westminster

Site: Adams County Fairgrounds
Date: Friday, October 21
Director: Rich Affleck, AD
School: Prairie View High School
12909 E. 120th Avenue
Henderson 80640
Phone: 303-655-8800

REGION 5 (15) Castle View, Chaparral, Doherty, Douglas County, Fountain-Fort Carson, *Highlands Ranch, Legend, Liberty, Mountain Vista, Palmer, Pine Creek, Ponderosa, Rampart, Rock Canyon

Site: Monument Valley Park
Date: Thursday, October 20 – Time: 2:00 pm
Director: Dave Eichman, District Athletic Director
School: Colorado Springs School District #11
2020 Glenn Summer
Colorado Springs 80903
Phone: 719-520-2690

* - Indicates school responsible for facilitating selection of regional site, time and director. Regional sites will be alternated on a yearly basis. If a school would like to facilitate the regional meet, contact the school with the asterisk.

Qualifying Procedure - 40% full teams - all athletes who finish in the top 15 places. Full teams must consist of 5 to 7 members (score "5"). Members of full teams must start and finish race to be included in percentage counts.

STATE CROSS COUNTRY CHAMPIONSHIP INFORMATION

STATE MEET INFORMATION

(69th Annual Boys – 34th Annual Girls)

SITE

Arapahoe County Fairgrounds - Aurora

DATE

Saturday, October 29, 2011

HOST

CHSAA, Smoky Hill High School, Runner's Roost

SITE DIRECTOR

Brian Manley, Coach – Smoky Hill High School

Jeff Blivens, Coach – Smoky Hill High School

Ed Riegert, Special Events Runner's Roost

MEET DIRECTOR

Rhonda Blanford-Green, Associate Commissioner, CHSAA

TIME SCHEDULE

2A Girls – 9:30 am - 3A Boys – 10:00 am - 4A Boys - 10:30 am - 5A Girls - 11:00 am

2A Boys - 11:30 am - 3A Girls - 12:00 pm - 4A Girls - 12:30 pm - 5A Boys - 1:00 pm

DISTANCE

The race will be run on the site of Arapahoe County Fairgrounds. The course is a 5000m course and consists of rolling hills, dirt, and prairie grass. National Federation and CHSAA rules will be adhered to for the state meet.

STATE SITE INFORMATION (from Site Director)

The Arapahoe County Fairgrounds Site:

1. Bus and Team parking information will be included in your regional packet.
2. The Pre-State Meet will be the ONLY opportunity to compete on the future state course. As of this printing, all teams that replied ON TIME for the Pre-State Meet have been accepted. PLEASE do not show up at the Pre State Meet to warm-up on the course. Only accepted teams for the Meet will be allowed on the course. **Failure to comply with this rule could result in team/coach placed on RESTRICTION.**
3. Please police your team camps for trash and athlete gear!

QUALIFIERS TO STATE

Qualifiers 2A

40% full teams – all athletes who finish in the top 15 places. Full teams must consist of 3-5 members (score “3”). Members of full teams must start and finish race to be included in percentage counts.

Qualifiers 3A

40% full teams - all athletes who finish in the top 15 places. Full teams must consist of 4-6 members (score “4”). Members of full teams must start and finish race to be included in percentage counts.

Qualifiers 4A - 5A:

40% full teams - all athletes who finish in the top 15 places. Members of full teams must consist of 5 to 7 members (score “5”). Teams must start and finish race to be included in percentage counts.

Rounding Teams:

Example – 4 teams 0 to .49 = 4 teams
 .50 to .99 = 5 teams

ENTRIES TO STATE

The state cross country meet will be timed/scored through Timberline Timing System offering “champion chip”.

Information on entering your athletes advancing to state will be distributed at your regional meet. Coaches (not regional directors) will be responsible for competitor’s entries into the “champion chip” system.

Two independent chip timing systems will be in place, one primary, one for a back-up. We will also have a video review system in place.

The scoring team will be made up of “champion chip Minnesota” and its staff.

SUBSTITUTION FROM REGIONAL TO STATE

Individual Qualifiers:

If a runner who has qualified as an individual at regional is unable to compete in the state meet, the next finisher shall be eligible to compete in the state meet provided the regional director contacts the CHSAA Cross Country Administrator. No changes will be made once results are submitted to CHSAA .

Team Qualifiers:

A school qualifies a team -- not five or seven individuals -- to state. Team members are eligible for the top ten places awarded at state. All team members must be entered electronically.

DO NOT CALL IN TEAM SUBSTITUTIONS.

A coach of a qualifying team may substitute eligible team members for those who competed at regionals. Coaches do not have to notify the CHSAA on team changes. Regional entries have to be turned into our race coordinator by Sunday, October 23, 2011. Champion Chip information for school entries will be forwarded in the Regional Director's packet. We can make changes up to one hour prior to the start on race day. Every athlete is given an assigned individual number and two-chips for competition. If you substitute a team runner without notification on race day, your runner will be given the name and time of their former team member. Scratch/add sheets will be in each coach's packet on race day. They must be submitted to the CHSAA liaison (in writing) at the race inquiry table - one hour prior to the athlete's race.

INQUIRY TABLE

- Team Athlete Changes
- Name/Team Corrections
- Omitted Athletes
- Protest
- General Questions

DIRECTIONS

See attached map.

APPEALING A DECISION AT THE STATE CHAMPIONSHIPS

If a head coach has an appeal or protest regarding a misapplication of a rule, clerical or scoring errors, or order of finish, they may use the form provided in their packet to file a formal protest at the inquiry table. The games referee will handle all protest. A games committee decision on a case being appealed will be final.

If a coach is ejected for interference with any athlete during the course of the race, the team and coach/individual who interfered will be ejected. National Federation rules permit the referee and/or games committee to eject the team and the interfering coach/individual.

SCHOOL PACKET PICK-UP

Packets may be picked up starting at **8:30 a.m.** on Saturday, October 29, at the start headquarters. Packet pick-up at the main building. You can pick up packets for all classifications after 8:30 a.m.

COURSE RESTRICTED

No teams or individuals may run or walk the course except for participation in the Pre-State Meet. This includes the day before the state meet. No exceptions. The course is restricted. HINT: Stay away from the course on Friday. Course officials report coaches on/or near the course. There has been confusion in the past. Please advise all coaches and athletes associated with your team to stay clear of the course.

Disqualification of a team can result from a failure to comply with this rule.

MEASURING DEVICES

Measuring devices (wheels, metal tapes, etc.) will not be allowed on the championship course the Friday prior to and/or championship day.

PENALTY: Disqualification from the meet and subsequent probation/restriction penalties based on CHSAA By-laws.

The devices on the course are disruptive to the administration of the meet. Each athlete will run the course at the equitable distance as measured by the site director.

CHECK IN

Athletes will receive all information in the team packet. They need to check-in at the starting line. Please make sure two-chips per athlete.

SCORING

Please direct all concerns or inquiries to myself. Our timing company will use a timing chip system administrated by John Magnuson.

STATE PARTICIPATION CERTIFICATE

Each qualifying team will receive a packet containing an appropriate number of state meet participation certificates for each team member competing in the state meet.

Schools with individual qualifiers will also receive certificates for each qualifier when they pick up their meet information.

The purpose of the attractive, suitable-for-framing certificates is to recognize the dedication and accomplishments of all the athletes competing at the state level.

Additional certificates may be ordered from the CHSAA for coaches, assistant coaches, and managers at a cost of \$.25 per certificate.

Additional certificates are NOT to be ordered for squad members who did not compete at the state meet.

To order: Call Sharon Aguilar at 344-5050 OR mail request with accompanying check to:

Attention: Sharon Aguilar
14855 E. Second Ave.
Aurora, CO 80011

OUTER APPAREL

The Games Committee will determine on race day if hats and/non-matching gloves will be allowed. Be sure that team outer apparel does match. All hats and gloves must match other team members if it is determined that they may be used. Illegal uniforms will result in a disqualification.

DRESSING ROOM FACILITIES

No dressing room facilities will be available at the state championship site. All runners should arrive in competition attire.

AWARDS PRESENTATION

All awards will be presented following the last race. Awards ceremony will be held under "Green Awning/Tent".

INHALERS

Inhalers may be used during races. Coaches need to have a doctor's okay on hand. Do not need to present a note to the CHSAA Liaison.

SUNGLASSES

Sunglasses may be worn at the regional and state meet. Games committee's have the opportunity to make their decision at their individual meets.

DOCTORS AND TRAINERS

Doctors and trainers will be provided by the Colorado High School Activities Association.

PARKING

Parking attendants will direct bus/team and spectator upon arrival. Entrance located off Quincy Road at Fairground Entrance.

TEAM RESULTS

Team results will not be mailed. You can get the final individual and team results from the Champion Chip web site (address will be in the state packet) or the CHSAA web site (www.chsaa.org). We will post team results following the Awards Ceremony at the Inquiry Table.

T-SHIRTS

Official 2011 CHSAA State Cross Country Meet T-shirts with four-color logo will be available at the state meet while they last. A pre-sale location will be forwarded to you when the site is determined.

Sizes: small, medium, large, extra-large

HOTEL - MOTELS

Reservations for hotels and motels should be secured as early as possible.

HOST HOTEL

Red Lion Hotel Denver Southeast



Colorado High School Boys and Girls Cross Country Host Hotel

Special \$79.95 discounted rate

October 29, 2011

- Complimentary meeting room for team meetings, including TV/DVD set-up
- Complimentary, hourly airport transportation
- Complimentary Roaring Start Hot Breakfast Buffet
- Onsite guest laundry facilities
- Free Wi-Fi

****Meeting space based on availability**

To make a reservation, please contact Maryellen at 303-695-1700 Ext. 2012 or email her at maryellen.sims@redlion.com

To reserve meeting space for your team contact Missy at 303-306-3325 or email her at melissa.marsh@redlion.com

HOTELS/MOTELS

CAMBRIA SUITES - DIA

16001 E. 40th Circle, Aurora, CO 80011
303-576-9600

COMFORT INN SOUTHEAST

14071 E. Iliff Ave., Aurora, CO
303-755-8000

DOUBLETREE - DENVER SE - AURORA

13696 E. Iliff Place, Aurora, CO
303-337-2800

FAIRFIELD INN

13851 E. Harvard Ave., Aurora, CO
303-745-6700

HAMPTON INN & SUITES PARKER

19010 E. Cottonwood Dr., Parker, CO
303-841-2977

HOLIDAY INN SELECT DENVER - PARKER

19308 Cottonwood Drive, Parker, CO
303-248-2147

HOMESTEAD STUDIO SUITES DENVER - AURORA

13942 E. Harvard Ave., Aurora, CO
303-750-9116

MOTEL 6 DENVER EAST - AURORA

14031 E. Iliff Ave., Aurora, CO
303-873-0286

RAMADA HOTEL & SUITES - ENGLEWOOD

7770 S. Peoria, Englewood, CO
303-790-7770

SADDLE ROCK VILLAGE INN BUILDING

22902 E. Smoky Hill Road, Aurora, CO
720-870-7860

SUPER 8-PARKER

6230 E. Pine Lane, Parker, CO
303-755-8000

WYNDHAM HOTELS & RESORTS

5272 S. Sicily Way - Aurora, CO
303-693-5604

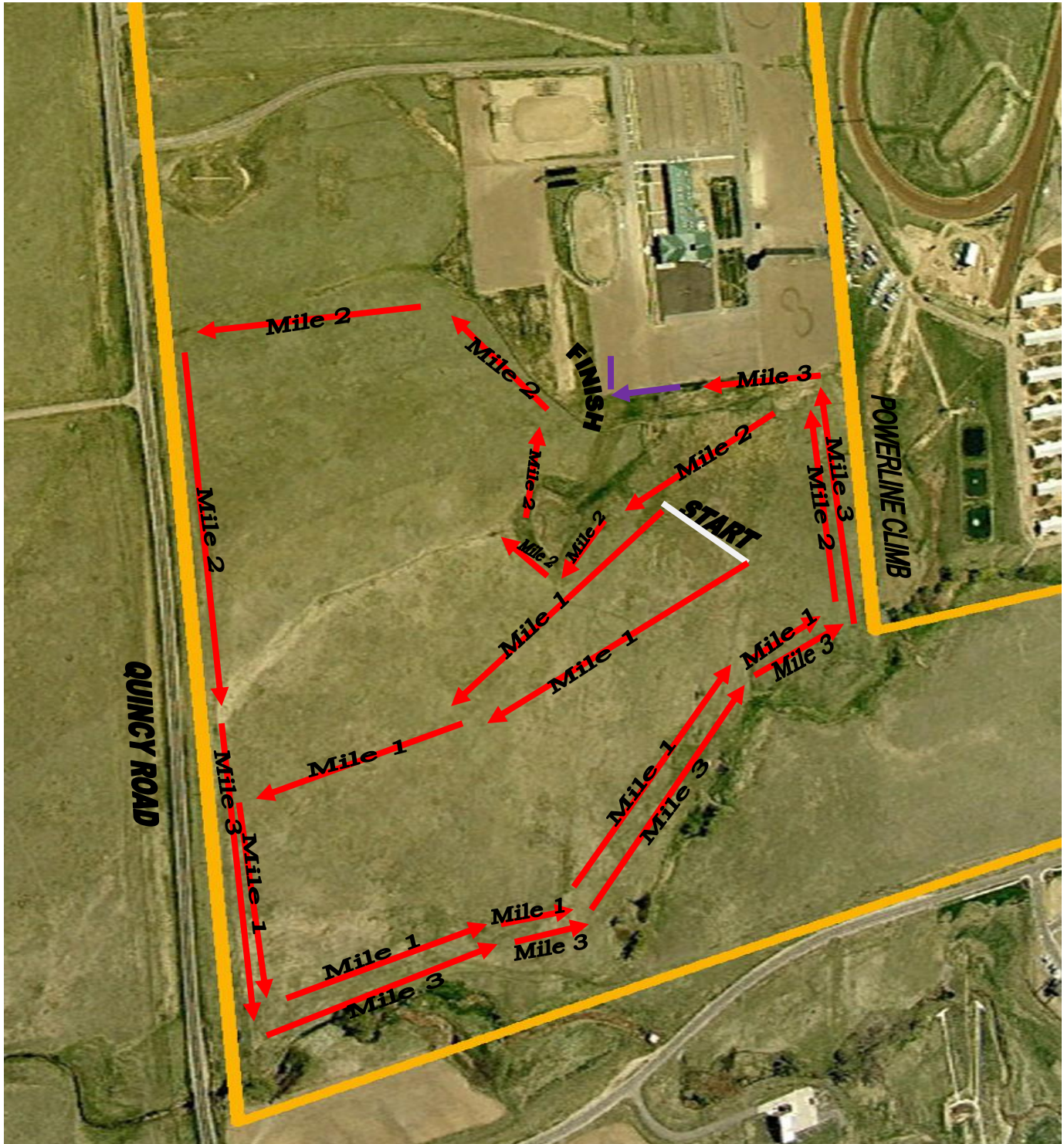
COURSE MAP OF ARAPAHOE COUNTY FAIRGROUNDS
2010 PRE-STATE AND STATE MEET COURSE (DISTANCES ARE APPROXIMATE)

~ 100 FOOT ELEVATION GAIN & LOSS WITH EACH LOOP – 100% DIRT AND GRASS

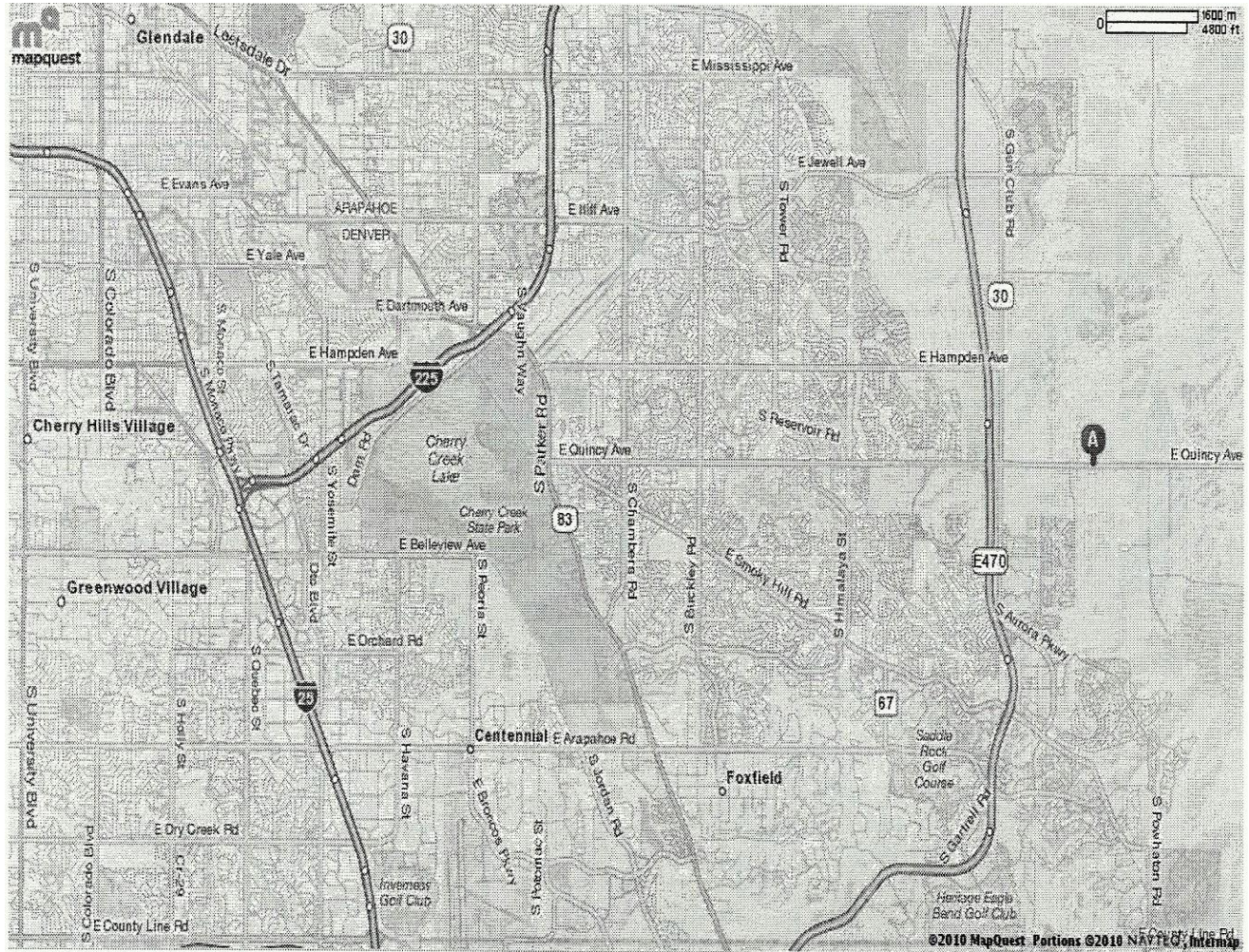
MILE 1 

MILE 2 

MILE 3 



DIRECTIONS TO ARAPAHOE COUNTY FAIRGROUNDS



SPORTSMANSHIP PROTOCOL AT ALL CHSAA CONTESTS AND ACTIVITIES

1. National Anthem

When the National Anthem is played or the Pledge of Allegiance is recited, students, fans, coaches and players should stand at attention, remove hats and face the flag.

2. Cheerleaders/Fans/Spectators

- It is recommended that there be positive cheers only.
- Only cheerleaders may use megaphones.
- All patrons must wear shirts and shoes. Face painting is allowed.
- Cheer and tumbling routines must be in front of your team's student body. Routines that spill onto the area of the opposing team are prohibited.
- Cheer squads may perform under the basket area outside the free vertical lane lines.

3. Banners

- One cloth or vinyl banner may be used, but must be sanctioned by the game management, principal, and/or athletic director before the contest. Note: Some facilities, including venues used for CHSAA playoffs, may not allow any banners. Paper banners are not allowed at CHSAA sponsored playoff events.
- The words and graphics on banners must be positive: i.e. "beat", "outscore", "conquer", etc; Negative banners: i.e. "kill", "maim", "scalp", etc, will be confiscated and may result in no future use of banners.
- Banners must not block the view of others.

4. Noisemakers

- All artificial noisemakers are prohibited. This includes: cowbells, drums, whistles, horns, plastic clackers, thunder sticks, etc. Exception: bleacher kicking is permitted if the facility allows it.
- An air horn or cannon may be used on the field and only if supervised by a school designee. It should never be disruptive to the playing of the game and used only during dead ball periods at the end of playing action.
- No musical instruments and/or amplified music, including drums, shall play while the game clock is running or when a 'live-ball' situation is applicable by rule, whether the game is indoor or outdoor. This includes fanfares, drum rolls, etc. The only time the game, once started, is not "in progress" is during a timeout or intermission. This applies to the use of outdoor, in-gym, or in-arena sound systems and public address announcements. The announcer is an integral member of game administration and is a reporter of information not necessarily obvious to spectators. Great care must be exercised to see that neither team gains an advantage from announcements over the public address system. Announcers are not "play-by-play" announcers.
- There shall be no amplified instruments at any CHSAA playoff events.

CHEER FOR YOUR TEAM AND NOT AGAINST THE OPPONENT!!

TEN GUARANTEES

ALL COACHES OWE EVERY HIGH SCHOOL ATHLETE

1. Some individual time.
2. Encouragement – regardless of the athlete’s level of ability.
3. A reasonable opportunity to compete.
4. TOP NOTCH ROLE MODELING – from grooming and dress to behavior and ethics in general.
5. The absence of foul language.
6. Assistance and guidance with personal problems that arise in every young person’s life.
7. A well-structured athletic environment, from practices to actual competition days.
8. Recognition for the contributions each athlete has made to the team.
9. *DISCIPLINE! FAIR, FIRM, AND CONSISTENT.*
10. The right to have a high school career not consumed by the “year round” single sport mentality.

SPORTS MEDICINE: HEAT STRESS AND ATHLETIC PARTICIPATION

HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, cross country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. From 1995 through the 2002 football season there have been 15 high school heat stroke deaths in football. This is not acceptable. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION

Water Depletion - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

Salt Depletion – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for You Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the PHYSICAL CONDITION of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for GRADUAL ACCLIMATIZATION TO HOT WEATHER. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The old idea that water should be withheld from athletes during workouts has NO SCIENTIFIC FOUNDATION. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.
5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991).
Below 65 – Unlimited activity; 65-73 – Moderate risk; 73-82 – High risk; 82 plus – Very high risk
6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.
7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. NEVER USE RUBBERIZED CLOTHING.
8. Athletes should weigh each day before and after practice and WEIGHT CHARTS CHECKED. Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athletes should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.
12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making

the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.

Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE.

Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY

The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS

TYPES OF SPORTS DRINKS

◆ Fluid Replacers

- Examples: Water, Gatorade, 10K, Quickkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

◆ Carbohydrate loaders

- Examples: Gatorade, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

◆ Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

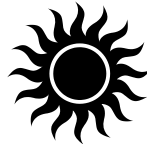


WHAT NOT TO DRINK

- ◆ Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- ◆ Fruit juices, CHO gels, sodas, and sport drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- ◆ Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- ◆ Drink according to a schedule based on individual fluid needs.
- ◆ Drink before, during and after practices and games.
- ◆ Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- ◆ Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- ◆ Drink early – By the time you're thirsty, you're already dehydrated.
- ◆ In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- ◆ Drink fluids based on the amount of sweat and urine loss.
- ◆ Within two hours, drink enough to replace any weight loss from exercise.
- ◆ Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- ◆ Dehydration usually occurs with a weight loss of two percent of body weight or more.



WHAT TO DRINK DURING EXERCISE

- ◆ If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- ◆ The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- ◆ During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- ◆ Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- ◆ Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- ◆ Salt should never be added to drinks, and salt tablets should be avoided.
- ◆ Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.

Head Trauma & Concussions

The CHSAA promotes and supports a Community-Based Approach to Concussion Management (School Team, Family Team, and a Medical Team). This is outlined in the **REAP Project**, found online at www.chsaa.org. **Please visit our CHSAA Sports Medicine page for more information and resources.**

The Role of the Coach

**NEW 1620.4 BYLAW: All coaches, who have sole supervisory responsibility for a team, must annually complete one of the following: The online NFHS Concussion Course or a school organized sports medicine review that includes a head trauma/concussion component, and emergency evacuation procedures.* If you suspect that an athlete has a concussion, you should remove the athlete from play, ensure the athlete is evaluated by a health care professional experienced in evaluating for concussions, inform the athlete's parents about the possible concussion, and keep the athlete out of participation the day of injury and until the athlete obtains a written release from a licensed practitioner.

The Role of the Official

The contest official can look for signs, symptoms and conditions of head trauma and if observed shall send the player to the sideline for assessment by school personnel and/or a licensed practitioner. At that time the role of the contest official ceases.

The Role of the Licensed Practitioner & Trainer

If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner (as defined in the CHSAA bylaws) before participating again. The athlete may then begin a gradual return to play as determined by the school's trainer (where applicable).

HEADS+UP

CONCUSSION IN HIGH SCHOOL SPORTS

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

SIGNS AND SYMPTOMS*

These signs and symptoms may indicate that a concussion has occurred.

Signs Observed by Coaching Staff	Symptoms Reported by Athlete
Appears dazed or stunned	Headache
Is confused about assignment	Nausea
Forgets plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or fuzzy vision
Moves clumsily	Sensitivity to light or noise
Answers questions slowly	Feeling sluggish
Loses consciousness	Feeling foggy or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit	Confusion
Can't recall events after hit	

* Adapted from: Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. The American Journal of Sports Medicine. 2004;32(1):47-54.

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

Emergency Medical Services
Name: _____
Phone: _____

Health Care Professional
Name: _____
Phone: _____

School Staff Available During Practice
Name: _____
Phone: _____

School Staff Available During Games
Name: _____
Phone: _____

February 2005