

MEET RULES

The following rules have been implemented to govern the Kansas MileSplit Junior High State Cross Country Championships on **Sunday, October 22, 2023**.

A. INDIVIDUAL PARTICIPATION

Any individual who is in 7th or 8th grade in the state of Kansas is eligible to participate.

B. TEAM PARTICIPATION

Teams may be comprised of any individual in the same grade from the state of Kansas. Athletes are encouraged to get school teammates &/or league competitors to participate and join your team.

C. TEAM SCORING

1. Teams may consist of 5-7 members comprised of individual boys/girls in the same grade.
2. The finishing position of an athlete shall be his/her score.
3. The total of the positions of the first five (5) members of each team shall be that team's score.
4. Displaced runners, those athletes who did not compete on a team, will be deleted from the list of place finishers. The team finishers will then be reassigned finishing places and the score calculated as indicated.
5. Teams with fewer than five (5) finishers shall not be scored as a team.
6. The team whose sixth member finishes first shall be given the higher place in case of a tie.

D. UNIFORMS

Competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The competitors must not wear clothing that could impede the view of the judges. Athlete's tops must be of the same color on the front and back. All participating team members must wear jerseys (tops) of the same color. A team may wear shorts of any length but they must be of the same color.

NOTE: This meet is sanctioned by YES-Athletics. Athletes are not allowed to wear school issued uniforms. Please contact the meet director for possible team uniform options.

MEET INFORMATION

AWARDS - Individual awards will be given to the top 20 individuals in each grade for each race in the finish chute.

REGISTRATION - Individual and team registration will start on Monday, October 1st. Registration will close at 8:00pm on Friday, October 20th. Contact the meet director via email for entry link or form.

COST - \$20 per individual payable the day of the meet at the check-in table.

CHECK-IN - Check-in starts at 12:30pm and will remain open until 30 minutes before the last race.

COURSE WALK - The course will be well marked and open to competitors starting at 12:30pm. You may walk the course prior to your race but you may not interfere with any ongoing race. Athletes should arrive at least 90 minutes prior to their race. **The course walks for the 4:45pm and 5:05pm open races will start at 4:05pm in the starting line area.**

TIMING - Provided by Black Squirrel Timing **OFFICIAL RESULTS** - Will be posted online after the meet.

RACE SCHEDULE

2:30pm - 7th Grade Girls with 11-12 Girls (born 2011-2012) open youth race participants (2 mile).

3:00pm - 7th Grade Boys with 11-12 Boys (born 2011-2012) open youth race participants (2 mile).

3:30pm - 8th Grade Girls with 13-14 Girls (born 2009-2010) open youth race participants (2 mile).

4:00pm - 8th Grade Boys with 13-14 Boys (born 2009-2010) open youth race participants (2 mile).

4:45pm - Open race for youth ages 6-8 born 2015-2017 (2K).

5:05pm - Open races for youth ages 9-10 born 2013-2014 (2 mile).

Registration for the open races will take place at the meet. Cost is \$10 and awards to all participants.

No spectators will be allowed in the starting line area before your race starts or the finish line area at any time.

AWARDS SCHEDULE - Individual awards will be handed out in the finish chute.

MEET LOCATION - Jones Park - Emporia, KS **ADDRESS:** 2006 Jones Dr. Emporia, KS 66801

DIRECTIONS TO JONES PARK

From I-35 Take the Industrial Road Exit, go south one block to 18th Ave (shopping mall on left) Turn left (west) on 18th Ave., about 1/2 mile to Prairie. Then left (north) on Prairie, about 1/2 block to sign for Jones Park on right. Jones Park entrance is immediately past cemetery on your right.

From US 50 go north on Prairie, 12 blocks to Jones Park entrance as above.

MEET DIRECTOR

Coach David Ramsey

(913) 489-9821 - **NO TEXTS!**

runfasterinhs@yahoo.com