



CROSS COUNTRY

2021 REGIONAL MEET INSTRUCTIONS

FOR MANAGERS AND PARTICIPATING TEAMS





2021 Cross Country Regional Meet Instructions

Table of Contents

Covid-19 Guidance	3
Masks/Face Coverings	3
Public Health Protocols	3
Administrative and Course Setup	3
Officiating (Mechanics)	4
Officiating (Rules)	4
Duties Summary Statement	4
KHSAA Contact List	4
Reference to Team Alignment	5
Allowable Competition Dates	5
Procedures for Future Region Sites	5
Pre-Meet Manager Responsibilities	5
Pre-Race Administration Per COVID-19 Guidance	5
Complete Form GE56	5
Pre-Event Meeting	5
Contact Participating Schools	5
Minimum Time Between Classes - COVID-19 Guidance	5
ACT/SAT Testing Centers	5
Admission of Participants/Team Party and Limitations	6
Development of Info Document for Participants	6
COVID-19 Guidelines	6
Competition Rules	6
Meet Administrator	6
Jury of Appeals	6
Appeal Form	6
Pre-Event Meeting and Model Agenda	6
Rosters, Entries, Declarations, Scoring	7
Postseason Roster	7
Meet Entry Timeline	7
Submitting Entries	7
Registering for the Meet	7
Substitutions	8
Declaration Form	8
Scoring System	8
Points of Emphasis	8
Format of Event	8
Conduct of Races Per COVID-19 Guidance	8
Course Specifications	8
Safety	8
No Minimum Meet Requirement	9
Coaching Limit	9
Hydration Reminder/COVID-19 Guidance	9
Rule 9-3-3	9
Lead Vehicles	9
Non-Varsity Meet Deadline	9
Procedure for Getting Officials and Fees	9
Bylaw 22 Reminder	9
Requirement to Accompany Team Members	9
Security	10
Medical Provisions	10
Inhaler	10
Emergency Action Plan	10
Inclement Weather Procedures	11
Heat Index Program	11
Lightning/Thunder Policy	11
Stoppage/Postponement	11
Media and Intellectual Property Rights	11
General Media Rights	11
COVID-19 Media Restrictions and Considerations	12
Radio Broadcasts	12
Telecast/Webcast Including NFHS Network Restrictions	12
Music Copyright	13
Event Merchandise	13
Post Event	13
Regional Results Submission	13

State Meet Qualifiers	14
Trophies	14
Awards Presentation Protocol	14
Finances	14
Regional Meet Financial Report	14
Event Costs	14
Electronic Data Instructions for Region Managers	14
Procedures for Obtaining Data File/Receiving Entries	14
Schools Menu	15
Hytek Requirements for Hosting	16
Important Website Links	16



#ShotatSports

Throughout these instructions, portions that are different from previous seasons, or changed due to COVID-19, have been highlighted yellow.

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2021 Cross Country Regional Meet Instructions

COVID-19 GUIDANCE

The KHSAA's complete "Healthy at Sports, Stage 4 - Perseverance, Guidance for Continued Practice and Competition During the Pandemic: Interscholastic Fall Sports" document can be found at the following link: <https://bit.ly/3jvElu7>

In addition to cross country specific guidance, this document includes guidance for all sports, officials and media. The information in this document should be thoroughly reviewed by all managers, participants and spectators attending a regional meet.

REMINDER - Anyone attending or participating in a KHSAA regular season or postseason event should review their symptoms before arriving. Those that are ill or displaying any symptoms of COVID-19 should stay home.

Guidance is broken into three areas:

- **REQUIRED**- These standards are required at all sanctioned contests.
- **RECOMMENDED**- These standards are best practices during all contests during the pandemic and are therefore recommended for all contests. In a few cases, these will be **STRONGLY RECOMMENDED**.
- **CONSIDER**- While these items are also best practices during this time, local site discretion should be exercised to determine if these items are practical and feasible for use at the contest.

All items in the document should be interpreted as "CONSIDER" for local consideration unless otherwise noted.

These differences in the guidance are necessitated by the differences in sports, facilities and geographic areas, which are pronounced during normal years and magnified this school year.

Masks/face covering information and portions of the cross country specific section of the document are included below.

MASKS/FACE COVERINGS

Masks/Face coverings for non-competitors and the requirements surrounding these items are a matter of local jurisdiction.

At minimum, any local or specific masking ordinance should also include a requirement for managers to post signage and make regular announcements.

COMPETITORS

Due to safety concerns, competitors who are considered to be aerobically exercising should not be required to wear masks during competition.

NON-COMPETITORS

Non-Competitors, in compliance with current KDPH and CDC guidelines are recommended to wear masks in all indoor settings unless otherwise exempted (e.g., cannot wear a mask due to disability), regardless of COVID-19 vaccination status.

In compliance with [current KDPH K-12 education guidance](#), "In general, people do not need to wear masks when outdoors, though mask use may be considered in outdoor settings that involve sustained close contact with other people who are not fully vaccinated."

PUBLIC HEALTH PROTOCOLS

Each member school and event host is expected to adhere to public health standards regarding isolation and quarantine as well as the adopted Return to Play Protocol in the event of a positive test in a participant or team staff member.

ADMINISTRATIVE AND COURSE SETUP (RECOMMENDED UNLESS NOTED)

PRE-MEET

Team Packets: Meet managers are encouraged to transmit as much information as possible electronically before the meet.

For any information that cannot be submitted electronically, organize a method for the packet pick up.

The use of team on-site tents is discouraged in as much as it is feasible to eliminate them. If permitted, sides should not be used.

Meet managers are reminded that in any meet with four (4) or fewer schools, a licensed official is not required to officiate the meet.

COURSE SETUP

Schools should widen the starting line and each starting box.

Each starting box should be a minimum of 6 feet apart.

Each starting box should have no more than one (1) school per box.



2021 Cross Country Regional Meet Instructions

Additional flagging, paint, etc., should be used to keep spectators separated from runners.

Use finish corrals and FAT timing for larger meets as it's easier to social distance at the finish area.

Strongly consider a corral director to supervise the finish corral and assist in distancing finishers.

If no FAT timing system is available for smaller meets, use alternative means of finish place and time to reduce congestion at the finish line.

WAVE/STAGGERED STARTS

Any grouping, staggering, or wave starts would need to be coordinated with the finish timer to ensure proper timing of runners.

FAT timing and the use of a video camera for finishes would be key in determining proper placement and times of competitors. Examples of wave starts include starts by school (all entries from one school start at a specific time), random grouping, seeded grouping, etc.

CONDUCT OF RACES

If spectators are allowed, there must be a restricted area at the finish that keeps spectators away so they do not interfere with the "quick exit" of each athlete.

Creative finish line options are strongly encouraged to maintain physical distancing.

Consider using image-based equipment at the finish line to assist with picking the place and reducing congestion.

PRE AND POST RACE

Establish social distancing protocols for pre- and post-contest activities.

The pre-contest meeting is limited to one coach from each team.

Distribute awards in envelopes and have the coaches pick them up, one at a time, after the contest.

Mass awards ceremonies should be eliminated.

Meet results should not be posted at a venue. All results to be posted online, sent by email, and/or mail.

OFFICIATING (MECHANICS)

Officials should follow all social distancing guidelines (pre- and post-meet conferences, clerking at the start line, tabulations, etc.).

Rule 8-4-5: Clerking should be done at the starting line to avoid congestion.

Rule 8-4-3: Only the referee should attend the pre-meet meeting (without the presence of the starter or captains).

- The meeting (if it cannot be held virtually ahead of time) should be limited to a single coach from each team, and multiple meetings may be needed to ensure proper physical distancing is maintained.

OFFICIATING (RULES)

Rule 8-3: Staggered, wave, or interval starts are permitted.

Rule 4-3: Athletes are permitted to wear gloves and/or masks/face coverings during competition with no restriction on color or type.

DUTIES SUMMARY STATEMENT

Refer to the Kentucky High School Athletic Association Handbook rules and regulations governing cross country meets, which is included as a link at the end of these instructions.

You should familiarize yourself with these provisions and review them at your meetings to ensure understanding from the coaches and the management of a smooth event.

Any required forms for your reports are included at the end of these instructions as links.

KHSAA CONTACT LIST

The primary contact for cross country is Assistant Commissioner Sarah Bridenbaugh (sbridenbaugh@khsaa.org). If Mrs. Bridenbaugh is for some reason not available, Assistant Commissioner Darren Bilberry (dbilberry@khsaa.org) is the backup.



2021 Cross Country Regional Meet Instructions

contact.

REFERENCE TO TEAM ALIGNMENT

Teams are aligned in three (3) classes with seven (7) regions in each as detailed in the competition rules.

The current alignment is available on the cross country page of the KHSAA website and included as a link at the end of these instructions.

Only schools on the list of aligned teams are eligible to enter a regional meet.

If a team that isn't listed in the alignment desires to enter, contact the KHSAA office prior to accepting the entry.

ALLOWABLE COMPETITION DATES

Boys' and girls' regional meets are to be held the week of Oct. 18.

Assistant Commissioner Bridenbaugh, in consultation with Region Managers, will assist in determining dates.

All schools fielding a team are permitted to compete in additional meets before Monday of the week of the state championship provided teams don't exceed the contest limit.

PROCEDURES FOR FUTURE REGION SITES

Schools/sites interested in hosting future Regional Cross Country Meets should complete KHSAA Form GE59 (Application for Hosting) listed in the important links section at the end of this document.

PRE-MEET MANAGER RESPONSIBILITIES

PRE-RACE ADMINISTRATION PER COVID-19 GUIDANCE

Athletes are permitted to wear masks/face coverings in the team staging area, corral, and during the race.

Establish social distancing protocols for pre-contest activities.

The pre-contest meeting is limited to one coach from each team if not able to do virtually.

COMPLETE FORM GE56

Complete the GE56 Regional Meet Manager's Form, included as a link at the end of these instructions, to provide general information about your event. Keep KHSAA staff informed of any changes to the form after it has been submitted.

PRE-EVENT MEETING

It is recommended that a meeting with all coaches be held prior to the start of the meet to discuss rules and procedures to help ensure a smooth event.

The use of a virtual meeting is permitted and strongly recommended.

CONTACT PARTICIPATING SCHOOLS

Contact all schools in your region and inform them of your meet schedule, entry deadline and other pertinent information.

MINIMUM TIME BETWEEN CLASSES - COVID-19 GUIDANCE

Per the KHSAA's "Healthy at Sports" guidance document, a recommended minimum time between the start of contests at district and regional postseason events has been established. These guidelines will also be utilized in planning KHSAA State Championship Events.

At events where more than two (2) schools are involved, it is recommended for there to be time between contests for egress of fans and participants, potential cleaning of common facilities and restrooms, as well as ingress of the teams for the next contest.

For cross country regional meets, one hour between sessions should be the minimum time if separate sessions/divisions are being held. This would be the scheduled time between the start of classes and not between individual races. For example, if the boys' and girls' Class 1A races start at 10 a.m., the 2A races at the same site should not begin until 11 a.m.

ACT/SAT TESTING CENTERS

Make note of the closest testing center to your regional site in case you need to advise coaches. Share the regional meet



2021 Cross Country Regional Meet Instructions

schedule with coaches early enough to allow time for adjustments with testing sites.

ADMISSION OF PARTICIPANTS/TEAM PARTY AND LIMITATIONS

In the event an admission fee will be charged, a policy of team party and participant admission should be finalized at the pre-event meeting.

A record of entrants per team should be maintained in case of the need of local contact tracing.

This will allow for more organization on the day of the meet and help with COVID-19 protocols.

DEVELOPMENT OF INFO DOCUMENT FOR PARTICIPANTS

Develop an information document for participants including the schedule of events, any on-site meeting information and directions to the course.

This document should include any COVID-19 requirements or adjustments made for the event.

COVID-19 GUIDELINES

The host is responsible for adherence to COVID-19 guidelines in accordance with normal home site procedures.

COMPETITION RULES

Remind all coaches to be familiar with the KHSAA Competition Rules for cross country meets, which are on the sport specific page of the KHSAA website and included as a link at the end of these instructions.

MEET ADMINISTRATOR

The KHSAA requires a meet administrator, other than the coach, at the host site.

Since the coach needs to devote full attention to the team, someone other than the coach must deal with any outside difficulties.

Strongly consider a corral director to supervise the finish corral and assist in distancing finishers.

JURY OF APPEALS

This is also the time to begin assembly of the Jury of Appeals. The jury must consist of three (3) head coaches and one (1) alternate head coach (in case an appeal involves an athlete of a coach on the jury).

This information must be submitted to xcresults@khsaa.org.

APPEAL FORM

Make copies of KHSAA Form XC110 (Meet Appeal) to be prepared in case of an appeal at the meet.

PRE-EVENT MEETING AND MODEL AGENDA

- Call to order
- Designate someone to record minutes
- Discuss the "Healthy at Sports, Stage 4 - Perseverance, Guidance for Continued Practice and Competition During the Pandemic: Interscholastic Fall Sports" cross country section: <https://bit.ly/3jvElu7>
- Provide a detailed meet schedule and report it to the KHSAA and media
- Discuss inclement weather policy and plans
- Discuss future sites and remind interested schools to submit Form GE59 (Application for Hosting)
- Team party and participant admission (if fee is being charged)
- Discuss meet expenses (majority vote required if distribution to schools is to be made)
- Discuss security and emergency action plan
- Discuss medical needs/trainer
- Course rules and other notes
- Competition rules review
- Submitting entries to the KHSAA



2021 Cross Country Regional Meet Instructions

- PA, officials, Hytek, timing, concessions, etc.
- Review sportsmanship expectations for competitors, coaches and fans

ROSTERS, ENTRIES, DECLARATIONS, SCORING

POSTSEASON ROSTER

Postseason participants must be designated from the freshmen, junior varsity or varsity rosters, which are maintained through the KHSAA member school website throughout the regular season.

Roster revisions must be made before the first date of the postseason when online rosters are closed and considered final.

Schools must log into the KHSAA website and designate their postseason roster, which is separate from the regular-season varsity roster.

Only athletes appearing on the school's postseason roster as of the first date of the postseason are eligible to participate in any round. No additional competitors may be added to the roster following that deadline, including those teams or individuals that advance to the state championship.

The online, postseason roster may be printed from the KHSAA website as the valid listing of eligible athletes.

This roster information is also used for advance preparations for state qualifying teams or individuals.

MEET ENTRY TIMELINE

Entries for the KHSAA Regional Cross Country Meets must be made electronically utilizing <https://ky.milesplit.com/> no later than 9 p.m. ET four (4) days prior to the scheduled date of the meet (typically Tuesday, Oct. 19).

By 9 p.m., three (3) days prior to the regional meet, the Region Manager shall distribute a preliminary performance listing to all coaches in the region. It should also be submitted via the UK listserve and to the KHSAA (xcresults@khsaa.org) for posting on the website.

By 9 p.m., two (2) days prior to the regional meet, all coaches challenging an entry shall have notified the Region Manager of the objection to be resolved.

By 9 p.m., one (1) day prior to the regional meet, the Region Manager shall distribute a final performance listing to all coaches in the region. It should also be submitted via the UK listserve and to the KHSAA (xcresults@khsaa.org) for posting on the website.

SUBMITTING ENTRIES

Create a Username

- Go to <https://ky.milesplit.com/> and select "login" in the upper, right-hand corner.
- Select "sign up" and enter the requested information (username, email, password), follow by selecting "join now."

Claim Your Team

- At the top of the <https://ky.milesplit.com/> home page, select "Teams."
- Find your team on the list and select "Claim Team."
- Choose the appropriate "Claim As" option between coach or admin (both roles allow you to enter a meet and edit entries).
- Complete the box with your identifying information. This is what the KYtrackXC webmaster will see when approving coach or administrator rights.
- Select "Sign Me Up," and wait for approval by webmaster Chris Hawboldt. This will not be an instant process as turnaround typically takes up to 24 hours.
- Once approved, you will receive email notification and will be able to complete any actions required for your entry, including adding athletes.

REGISTERING FOR THE MEET

- At the top of the <https://ky.milesplit.com/> homepage, select "Calendar."
- Select the meet you want to register for from the list.
- On the meet page, select "Register Online Now," followed by selecting "Next." Choose your team, and select "Next," again.
- Enter your contact information (First Name, Last Name, Phone Number).



2021 Cross Country Regional Meet Instructions

- Choose the divisions to enter (Varsity Boys or Varsity Girls), and select "Next."
- Select the navy colored "Add Entries," button next to the correct meet.
- A list of your athletes will appear on the right side. Put a check next to those you want to enter (max of 10), and select "Save Changes."
- You will be brought back to the master list of events. Repeat the above process for each meet you want to enter.
- Once your entries are complete, they will be available for review.
- Select "Done," when finished editing.
- Coaches should be aware that sending their entries electronically via Milesplit is the only required method. There is no need to fill out and send a paper entry form to the KHSAA if your electronic entry is successfully received. In the event you do need a manual form, XC102 (School Team and Individual Entry) is included as a link at the end of these instructions.

SUBSTITUTIONS

There are no substitutions allowed for a regional meet unless for a documented injury or illness. Those circumstances must be submitted in writing to Assistant Commissioner Bridenbaugh for approval.

A fine of \$100 will be imposed by the KHSAA against any school attempting to enter athletes after a published deadline.

DECLARATION FORM

On the day of the regional meet, the Region Manager or Hytek operator must print the declaration form from Hytek.

Coaches must sign the form after declaring which seven (7) of the maximum 10 entered runners will compete by using a check mark, X or circle.

Meet officials will be given these declaration forms prior to the start of the race.

The 10 names on the Regional Entry Form will also be forwarded to the State Meet Director, should they qualify, as the official state entries. A declared athlete that DIDN'T run at the regional meet could compete as one of the seven (7) entries at the state meet.

Athletes competing for schools with fewer than five (5) declared runners will only be eligible for individual awards and advancement.

SCORING SYSTEM

See the KHSAA Competition Rules for cross country regarding the team scoring system.

POINTS OF EMPHASIS

FORMAT OF EVENT

The hosts shall set the starting times for each race, boys and girls, and send to all schools involved and the KHSAA for approval.

CONDUCT OF RACES PER COVID-19 GUIDANCE

Numbers written on athletes are not permitted. (Other forms of timing/results should be considered i.e. coaches hand timing, bib chips, shoe chips, camera finish, etc.)

No items (water bottles, clothing, etc.) are to be left at the starting line.

COURSE SPECIFICATIONS

The course will be approximately 5,000-meters for the boys and girls as detailed in the Competition Rules.

It is the obligation of the Region Manager and host school to ensure safety of the participants is the primary concern.

If doubts arise about the safety of a particular course, contact the KHSAA and attempts will be made to have on-site inspections to help in course planning.

If spectators are allowed, there must be a restricted area at the finish that keeps spectators away so they do not interfere with the "quick exit" of each athlete.

SAFETY

For participant and non-participant safety, instruct your fans, student body and team members that implements from other sports



2021 Cross Country Regional Meet Instructions

are not to be used at the regional site.

Past incidents of potential injury to spectators and participants make it essential that the KHSAA enforce this restriction.

Note that the KHSAA will take necessary action, including disqualification of the team members, for participation in this type of non-related activity.

NO MINIMUM MEET REQUIREMENT

Since the 2018 season, there is no longer a requirement to have competed in at least four (4) regular-season meets to be entered in the postseason.

COACHING LIMIT

Schools are strongly encouraged to not allow coaches on the course.

If permitted, no more than two (2) coaches per team can be on the course during competition. Abuse of this rule will result in forfeiting the privilege to coach on the course in the future.

HYDRATION REMINDER/COVID-19 GUIDANCE

Coaches should remain aware of the need for proper hydration of athletes prior to the beginning of the competition.

Participants are reminded to bring their own water bottles or use disposable single wax-lined cups.

Water bottles should not be shared.

RULE 9-3-3

Be mindful of National Federation Cross Country Rule 9-3-3 which states that once teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

This rule must be reinforced by coaches as violations are to be addressed by warning on the first violation, followed by disqualification on the second violation.

LEAD VEHICLES

Region Managers are reminded that lead vehicles shall not be used on the course.

NON-VARSITY MEET DEADLINE

Many regions hold successful non-varsity meets. If such events are held, they must be completed by the day prior to the regional championships in accordance with KHSAA Bylaw 23 (Limitation of Seasons).

PROCEDURE FOR GETTING OFFICIALS AND FEES

Region Managers will be sent officials assignments from Assistant Commissioner Bridenbaugh. All assignments will come from the pool of licensed KHSAA officials.

Contact the officials immediately to ensure they know your meet specifics and confirm with State Meet Director Tim King (teejayking@gmail.com) the assignment of officials after verification from the KHSAA.

It is the responsibility of the Region Manager to make the necessary contact with Mrs. Bridenbaugh regarding the officials as she will be assisting with the recommended assignments.

The assigned officials are to be paid \$40 per race for 2021.

- For example, if a school hosts the Class 1A Regional for boys and girls, the official should receive \$80. If the school was hosting the Class 1A and 3A Regionals for boys and girls, the fee should be \$160.

Officials traveling greater than 100 miles one way will be paid an additional \$20.

Additional allowances for lodging, etc., shall be at the discretion of the Region Manager and must be approved by the KHSAA.

Refer all conflicts in regard to mileage or other payments to Mrs. Bridenbaugh.

BYLAW 22 REMINDER

REQUIREMENT TO ACCOMPANY TEAM MEMBERS

You are reminded that KHSAA Bylaw 22 requires a principal, coach or another approved individual of the school to be present



2021 Cross Country Regional Meet Instructions

along with any student-athlete who is representing a member school.

SECURITY

It is the responsibility of the Region Manager to secure adequate police protection and other security precautions as necessary.

While many schools have adequate measures in place regarding safety and security at athletic contests, all members are reminded of the importance of this provision.

The National Federation continues to remind all state associations of the importance of member schools understanding the necessity for adequate security.

Crowd control is important and we ask schools to take every precaution to protect the athletes, fans and general public at contests.

While acknowledging the expense of security, it is noted that this should be an integral part of your planning process and is a KHSAA requirement at postseason contests.

Be sure to secure the finish-line area as many athletes will be crossing at the same time and safety is the first priority.

Make certain the course is set up and protection is in place to prevent unauthorized individuals from interfering with any portion of the meet.

MEDICAL PROVISIONS

The host school is responsible for securing medical coverage for the event, including athletic trainers and alerting local ambulance service to serve in an on-call status if such cannot be present at the competition site.

It is strongly recommended that the authorized medical coverage be staffed by individuals who can determine whether or not a suspected concussion has occurred per 160.445(3)(a) and the KHSAA Board of Control policies, page 10 of the document.

Any fees associated with providing medical coverage should be taken from gate receipts, or shared as an expense by the participating schools, prior to any distribution.

There is no requirement that an ambulance be on site for all play, however the local administering agency shall be notified in advance and placed "on call" if an ambulance is not available on site.

The KHSAA has long recommended, and continues to recommend, that medical coverage be present at all athletic practices and contests.

Due to the unique skill set of Certified/Licensed Athletic Trainers it is recommended that one of these individuals be present at all practices and contests.

It is also strongly recommended that the member schools utilize only Certified/Licensed Athletic Trainers per the Kentucky Board of Medical Licensure, and not members of any other vocation making this claim but without this legal designation.

While acknowledging the expense of providing a Certified/Licensed Athletic Trainer, it is nonetheless noted that this shall be an integral part of your contest planning process.

INHALER

National Federation rules allow for the use of an inhaler in the area of a cross country meet, but only with the written permission of a physician.

If an athlete must use an inhaler or have one available, KHSAA Form XC120 must be completed and presented to the referee during the pre-race meeting.

This form should be duplicated as the officials have been instructed to keep one on file to have documentation at the end of the event, if needed.

EMERGENCY ACTION PLAN

Each Region Manager is expected to have and maintain an emergency action plan for their meet.



2021 Cross Country Regional Meet Instructions

Emergency action plans shall be practiced and referred to prior to the event.

INCLEMENT WEATHER PROCEDURES

HEAT INDEX PROGRAM

Please review the Heat Index Program posted on the KHSAA website and included as a link at the end of these instructions. The Region Manager should work in conjunction with the certified athletic trainer hired to work the event in monitoring the Heat Index and be aware of the policies.

LIGHTNING/THUNDER POLICY

The Region Manager, working with the certified athletic trainer and facility staff, shall monitor and adhere to the KHSAA Board adopted policy in regard to lightning and thunder. All competitions shall be suspended at the first sound of thunder or sight of lightning and shall be suspended a minimum of 30 minutes following any subsequent sound/sighting.

If it is anticipated that the storm will pass, competition may resume following a 15-minute warm-up period.

STOPPAGE/POSTPONEMENT

It's the duty of the Region Manager, in consultation with the officials, participating teams and the KHSAA, to make decisions regarding re-start or re-scheduling.

In the event of stoppage or postponement, all parties must work together to ensure that all teams, media outlets and schools are properly notified.

While it's imperative that Region Managers adhere to the scheduled postseason dates, the safety of all parties involved is always the top priority.

If there is a change in schedule, notify the KHSAA accordingly.

MEDIA AND INTELLECTUAL PROPERTY RIGHTS

GENERAL MEDIA RIGHTS

At all levels of competition during postseason play, control of media access and location at those contests is with the KHSAA, and as such, there are necessary policies and restrictions concerning this event and these provisions will be vigorously enforced.

In general, management of the execution of those assignments is assigned to the host KHSAA school's game manager.

The intellectual property, corporate, broadcasting and media rights to all postseason rounds belong exclusively to the KHSAA, including titling agreements and sponsorships.

No member school can sign an exclusive agreement for a postseason round (district, region, section, semi-state, quarterfinal) without agreement between the schools and approval from the KHSAA, including full compliance with NFHS Network restrictions and the KHSAA's participation within that network.

At all levels of KHSAA sponsored postseason events, including district, regional, semi-state, quarterfinal and state competition, managers shall make allowances for television media to record video of the contests, without pay by play, at no charge as long as the sole purpose is for newscast highlights.

At all levels of KHSAA sponsored postseason events, including district, regional, semi-state, quarterfinal and state competition, managers are encouraged to make allowances for other media outlets to be admitted to the contests as long as the sole purpose is for reporting of the actions taking place at the contest and promoting the event.

Participating teams in KHSAA events shall be allowed to record the contest, for coaching purposes only, if space is available with such availability at the discretion of the tournament manager and may be required to sign a waiver indicating that the KHSAA shall be held blameless for any and all liability to those parties involved in the video recording.

Any video recording must not violate existing, acknowledged, written copyright protection or intellectual property agreements and cannot be broadcast in any form, including internet and social media.

If space is deemed available, the tournament manager has the right to designate a specific area for video recording and no video recording will be allowed outside of that area.

The determination of space availability is solely with the tournament manager and shall be equitable for all teams.

A freelance/commercial photographer is any person, including a school employee, not representing an established media outlet or a person who will capture images from the event and re-sell them to anyone, including team members, the families or the



2021 Cross Country Regional Meet Instructions

general public.

COVID-19 MEDIA RESTRICTIONS AND CONSIDERATIONS

Media access may be limited, especially if there are capacity limits.

Establish a limit on the number of credentialed media members at each event (number of passes per outlet, priority to those who regularly cover, home/visitor split, etc.).

Encourage media members to RSVP in advance of the event so that you can allocate space accordingly and grant access to any media on a "waiting list."

Interview opportunities may be limited during the week.

Disseminate as much information online as possible (limit handouts).

Limit field access to working media members only (those who are actively performing work assignments).

Incorporate easily identifiable credentials to ensure only authorized personnel are in restricted areas.

Interviews should only be conducted if social distancing protocols can be followed.

Be mindful that no agreement can be made exclusive per adopted regulation, which precludes an audio broadcast by the visiting team.

RADIO BROADCASTS

A broadcast, as used in these instructions, is a non-video, audio only, live or delayed account, including play by play, of any contest.

The participating teams must agree on what, if any, rights fee is to be charged to a radio station broadcast team (radio or online) or outlet (radio or online) broadcasting the event.

This fee is to be included in the gross revenue prior to distribution and is payable to the host school.

TELECAST/WEBCAST INCLUDING NFHS NETWORK RESTRICTIONS

The KHSAA is a full member of the NFHS Network and as such, restrictions exist on all postseason levels.

A telecast, as used in these instructions, is a video, live or delayed account, including play by play, of any contest over the air.

A webcast, as used in these instructions, is a video, live or delayed account, including play by play, of any contest distributed using the internet.

For district and region play, a fee schedule shall be approved annually by the Commissioner for any telecast/webcast and only those outlets paying such fee in advance shall be permitted to originate a telecast or webcast. The mandated, minimum fee will be published on the KHSAA website.

For district and region play in all KHSAA sports, a majority vote of the participating schools may set a higher fee than the required minimum and such vote may also recommend to the KHSAA that no broadcast be approved.

Any approved webcast (or telecast simulcast on a website) shall require the originator to provide a link to the telecast/website not less than four hours prior to the origination of the contest, and such link shall permit the Association to add the content to the NFHS Network menu of contests.

Failure of any approved webcast (or telecast simulcast on a website) to provide a link for inclusion on the NFHS Network will result in denial of approval.

The KHSAA is the only entity permitted to produce live or delayed video from state championship events including semi-state, quarterfinal and state rounds, and is the sole authority for approval of any other.

No entity, unless given prior approval by the KHSAA shall be permitted to produce video telecasts or broadcasts, with the exception of approved media outlets solely recording highlights for news use.

No host manager or school may approve live webcast or telecast of a contest, such requests shall be referred to Communications Director of the KHSAA.

No entity, including media members, may stream live video content during postseason events including the use of social media products such as Facebook® Live and Periscope (via Twitter®).

For all postseason play, all questions regarding live or delayed broadcast or telecast policies, including requests for approval shall be referred to the Communications Director for approval by the Commissioner.



2021 Cross Country Regional Meet Instructions

MUSIC COPYRIGHT

KHSAA schools are reminded to adhere to all music copyright laws.

EVENT MERCHANDISE

If desired by the Region Manager, TEAM IP (Official KHSAA Merchandise Vendor) may be contacted about ordering event merchandise to be sold at the regional tournament.

Contact the KHSAA for more information or indicate accordingly on the Regional Manager Information form.

POST EVENT

REGIONAL RESULTS SUBMISSION

Attach the data file from Hytek and email to it to xcresults@khsaa.org.

- Normally, the data file is located in the TFMEETS subdirectory on your computer. It is a large file, so please give time for the email to send.
- Be sure you have the Hytek program closed before you attempt to email the file.
- When submitting your results, please use the following as an example of how to submit and include in the body of the email:
 - o Boys teams 6 entered 4 advance
 - o 1. Jackson County
 - o 2. Williamsburg
 - o 3. Somerset
 - o 4. Barbourville
 - o # place of 5th individual #9 John Doe of Pineville

This is the preferred method for submitting meet results.

You may find that your school's network restricts the sending of files with an MDB extension, the format used to store Hytek files.

If this is the case, you will have to utilize the backup option detailed below.

Perform a complete backup of the results using the following steps on Hytek:

- Select FILE
- Select BACKUP
- Choose the A: drive (or other drive if that is where you saved the file).
- Select OK
- Choose NO for message unless you would like to send us a note.
- Select OK
- The computer will then create a backup file and dump it to the drive you specified.
- Select OK
- Attach the backup file you just created and email it to xcresults@khsaa.org.

If your school blocks zip files from being attached, you will have to use the previous option and contact State Meet Director Tim King (859-653-5907) or Assistant Commissioner Bridenbaugh (740-607-7217) to confirm it has been done.

These are the most important tasks you have to do post meet and must be done immediately.

Once you receive confirmation of receipt of these files, no written reports are necessary.

Only if you have trouble with these functions and cannot send the file will you have to compile KHSAA Forms XC104 (Regional Official Results) and XC105 (Managers Regional to State Entry) which are included as links at the end of these instructions.

Your only remaining obligation would be the mandatory submission of the other listed forms to the Meet Referee prior to their departure.

If you end up having to compile Forms XC104 and XC105, scan and email them to xcresults@khsaa.org immediately following the event.



2021 Cross Country Regional Meet Instructions

STATE MEET QUALIFIERS

State qualifiers will be released by the KHSAA office on the Sunday following the conclusion of all regional events.

State qualifiers, team or individual, will receive State Championship instructions prior to the event.

TROPHIES

The KHSAA Board of Control has contracted with Riherds.com of Smiths Grove, Ky., to supply the official KHSAA trophies/awards for the 2021-22 events.

The cost of trophies and awards are the responsibility of the regional meet.

You will receive email notification on the shipping, please select the button within that email to confirm receipt.

Immediately open and inspect trophies and medals.

Contact Riherd's Trophy if damaged (1-800-274-4373) between the hours of 9:30 a.m. and 4:30 p.m. CT or email Riherds at khsaa@riherds.com.

Do not disregard any billing information that may be enclosed in the packaging.

The total cost for regional items is \$170.84 per gender, not including shipping.

Your package, shipped directly to your school from Riherds.com, should consist of the following per gender:

- One (1) first place team trophy
- One (1) second place team trophy
- One (1) individual first place gold medal
- One (1) individual second place silver medal
- Six (6) bronze medals for individual finishers 3-8
 - o The trophy company will contact you with an option to purchase ribbons to add to the medals on behalf of your region and to purchase carry/storage boxes. You are under no obligation to order these items.

AWARDS PRESENTATION PROTOCOL

Any awards ceremonies should follow the guidance listed on Page 4 under Pre and Post Race.

FINANCES

REGIONAL MEET FINANCIAL REPORT

All Region Managers must submit a financial report at the conclusion of the meets by filling out KHSAA Form GE51 (Regional Meet Financial Report) and submitting it to Mrs. Bridenbaugh (sbridenbaugh@khsaa.org).

EVENT COSTS

As you plan for your event, be mindful of the cost of officials, trophies and medals.

All net proceeds after expenses approved by the participants (including a loss) shall be divided among the teams in a region based on a plan approved by majority vote.

ELECTRONIC DATA INSTRUCTIONS FOR REGION MANAGERS

PROCEDURES FOR OBTAINING DATA FILE/RECEIVING ENTRIES

Each Region Manager or Hytek operator will find the link to the event file for the meets at (khsaa.org/sports/fall/cross-country/) under the Regional Meet Information & Instructions tab.

- Do not use your own data.
- The usage of this file, with the appropriate school names and abbreviations, is important for successful transmission to the state entries.
- Once you retrieve this file, save the region attachment to an external drive or the desktop.
- Files can be made simpler by downloading the mdb version, which will not require decompression.
- The mdb file should be saved directly into the c:\tfmeets directory.



2021 Cross Country Regional Meet Instructions

If you are using a ZIP file (and have renamed it if needed), follow these steps:

- Select FILE
- Select RESTORE
- Select second dot UNZIP and copy database to C:\tfmeets (You can check the last box and rename your database whatever you want, but you don't have to)
- Select OK

Look in A: drive (or wherever you saved the file)

- Select the correct TfmBkup file
- Select OPEN
- Select OK
- Select OK again once the file has been saved or unzipped
- Select FILE
- Select OPEN\NEW

Look in \tfmeets in the C: drive for the database file name

- Select the correct file name
- Select OPEN and now you can use the database for your meet

Once you receive the information file, you will need to make a few changes to your setup by following these steps:

- Go to MEET SETUP
- Select SETUP

In GROUPS/SUBGROUPS/CODES, select SCHOOL YEAR, EDIT or ADD codes for two-digit grades listed below

- Select OK

In MEET SETUP Input the name, location and date of your Region Meet

In ATHLETE/RELAY PREFERENCES

- Check "Enter school year" and make sure you enter the school year for each athlete
- Make sure all athletes have a grade and it is a two (2) digit number
 - o 07 for 7th grade, not 7
 - o 08 for 8th grade, not 8
 - o 09 for 9th grade, not 9 or FR
 - o 10 for 10th grade, not SO
 - o 11 for 11th grade, not JR
 - o 12 for 12th grade, not SR

SCHOOLS MENU

Make sure teams have used their proper School Name, Short Name and ABBR per the KHSAA master list (Track and Cross Country Abbreviations).

You must enter all team members, including alternates (total of 10 individuals).

- Do not delete alternates so all the team member names will transfer to the state meet disk; this is imperative.

Email meet backup file to xcresults@khsaa.org.

A Hytek support team has been assembled that you can contact with any questions:

- Linda Sarrett, (H) 502-243-0923, (C) 502-396-4740, sarrettl@gmail.com
- David Clark, (H) 859-428-2804, (C) 859-801-1361, jedimasteremeritus@yahoo.com
- Vicki Hiestand, (H) 606-679-5655, (C) 606-305-4126, hiestand3@windstream.net
- Frank Miklavcic, (H) 502-875-2904, (C) 502-320-2264, fmiklavcic@aol.com
- Leslie Smith, (C) 859-325-5626, leslielsmith@att.net



2021 Cross Country Regional Meet Instructions

HYTEK REQUIREMENTS FOR HOSTING

Host schools must own a Hytek license for Meet Manager 3.0 (or greater) with the cross country option, which is essentially the silver package, downloadable at <https://hytek.active.com/store/track/tfmm6.html>.

- The current 6.0 version is recommended, as it will be used by the KHSAA at the state championships.

Schools should contact Hytek by phone (1-866-456-5111) to ask if Hytek Meet Manager was previously purchased as different coaches in the past could have bought a license and misplaced the CD.

- If the school has purchased version 2.0 or lower, then the upgrade to 6.0 will be \$169.

A new license costs anywhere from \$265 - \$685 (prices are estimates and subject to change).

IMPORTANT WEBSITE LINKS

- [Cross Country Website](#)
- [Healthy at Sports, Stage 4 - Perseverance, Guidance for Continued Practice and Competition During the Pandemic: Interscholastic Fall Sports](#)
- [Competition Rules](#)
- [Current Alignment of Teams](#)
- [Boys' Region Managers](#)
- [Girls' Region Managers](#)
- [Heat Index Program](#)
- [GE51 \(Regional Meet Financial Report\) - \(DOCX\) \(PDF\)](#)
- [GE56 \(Regional Meet Manager's Form\)](#)
- [GE59 \(Application for Hosting\)](#)
- [XC102 \(School Team and Individual Entry\) - \(DOCX\) \(PDF\)](#)
- [XC104 \(Regional Official Results\) \(only if Hytek email fails\) - \(DOCX\) \(PDF\)](#)
- [XC105 \(State Meet Qualifiers\) \(only if Hytek email fails\) - \(DOCX\) \(PDF\)](#)
- [XC110 \(Regional Meet Appeal Form\) - \(DOCX\) \(PDF\)](#)
- [XC120 \(Medical Information - Inhaler\) - \(DOCX\) \(PDF\)](#)