

KSHSAA 4A/5A Regional

Hosted by BVSW

Welcome to the KSHSAA 4A/5A Regional hosted at the Blue Valley Southwest XC course. We are very excited to host this double regional and hope you enjoy the experience. We will be following all KSHSAA & NFHS rules & guidelines regarding uniforms & race logistics. Maps will be provided to help everyone with traffic and parking locations. Pass this information on to your parents & fans. PLEASE only park in designated spots.

Date: Saturday, October 26th, 2024

4A Teams: Atchison, Baldwin, Eudora, Holton, Louisburg, Paola, Bishop Miege, Tonganoxie, Hayden

5A Teams: FL Schlagle, JC Harmon, Sumner Academy, Turner, Washington, Blue Valley Southwest, St. Thomas Aquinas, Pittsburg, Spring Hill

Race Schedule:

<u>Event</u>	<u>Time</u>	<u>Details</u>
Packet Pickup	8:00am	Podium near Starting Line
Coaches Meeting	9:15am	Podium near Starting Line
4A Girls	10:00am	5k
5A Girls	10:35am	5k
4A Boys	11:10am	5k
5A Boys	11:45am	5k
Awards Ceremony (ALL)	After 5A Boys Race	Podium near Starting Line

Entries/Timing:

Entries for the regional meet must be submitted online through ks.milesplit.com & are due by **Noon, Monday October 21st**. Substitutions are permitted only with KSHSAA approval up to Wednesday October 23rd. Reminder, that you may enter 10 athletes on milesplit, but only **7 are allowed to race**. You **DO NOT** have to declare which 7 will run before the race.

4A Link to Register: <https://ks.milesplit.com/meets/637153/registration>

5A Link to Register: <https://ks.milesplit.com/meets/637290/registration>

The Blue Valley Timing group will be timing the event using a chip timing system. If there are any KSHSAA approved changes to your regional entries, please contact KSHSAA about those ASAP. The Racing Chips will need to be returned to the finish line before the end of the meet.

Entrance to the Course:

Bus & Competitors can be dropped off at the entrance of the athletic fields (Track & Soccer field) and enter the facility through the gates near the concession stands. Follow the sidewalk to the right (west) and behind the soccer stadium stands to set up team camps. There is also limited space between the softball & baseball fields. Please **DO NOT** go onto ANY of the fields themselves.

Parents & Families will need to park in the athletic & south parking lots of Blue Valley Southwest. Cut throughs & additional paths can be found out on the course for better viewing. Please don't set up any chairs on the course itself.

Tents & Packet Pickup:

Team packets will be available for Pick up near the Starting line beginning around 8:00am near the Starting Line. The packet will consist of timing chips, meet information, course maps, Legal Uniform Form & box assignments. Coaches will turn in their "LEGAL UNIFORM" form by clicking a box during the registration process. **NO LEGAL UNIFORM CARDS** will need to be turned in at the meet.

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Course Information:

The start & finish lines are south of the softball fields. The 2-loop course will be run entirely on grass between 179th, Quivira & the athletic fields. We will have the lead vehicle that will loop back around and trail the last runner after the leaders finish. Course monitors will be set up at a few locations on the course to keep athletes on the correct path. More information about the course can be found on our website: <https://www.bvswxc.com/maps-records>

The course will be open to teams on Friday, October 25th between 3:00pm – 6:00pm. The course will be completely marked and set up on that day. If you are interested in coming out at another time, contact Aaron Ballew (ajballew@bluevalleyk12.org).

Restrooms:

Restrooms will be open by the soccer field near the South parking lot.

T-shirts:

We will be selling Regional T-shirts near the entrance of the course. Numbers will be limited, so first come first serve. Cost \$20

Awards & State Qualifiers:

There will be a awards ceremony to recognize the individual medalists, & top 3 teams qualifying for state in each set races (4A & 5A) after the conclusion of all races. The awards ceremony will take place at the podium behind the starting line once race results are finalized. 4A Girls then 4A Boys will be awarded first, followed by 5A Girls then 5A Boys

State Qualifying

Team State Qualifiers - Top 3 Teams – in each race (All athletes on the top 3 teams)

Individual State Qualifiers – ALL Top 15* finishers (*No additional qualifiers outside the top 15)

*-*New, see the KSHSAA State qualification Cross Country Manual*

Medaling & Awards

Team Plaques: Top 2 teams – in each race

Individual Medals: Top 15 – in each race

Jury of Appeals

A representative from each of the schools below will act as the Jury of appeals. In the case of a conflict of interest, a substitute judge will be used

5A – Spring Hill, St. Thomas Aquinas, Sumner Academy (Pittsburg – Tie breaker)

4A – Tonganoxie, Louisburg, Hayden, (Bishop Miege – Tie breaker)

Thank you for attending. If you have any questions please feel free to contact Coach Aaron Ballew (ajballew@bluevalleyk12.org) or our Athletic Director, Michael Rasmussen (MRasmussen@bluevalleyk12.org). I look forward to having a fun and successful day.

Thank you,

Aaron Ballew

Blue Valley Southwest XC