

KSHSAA Cross Country Regional Seeding Proposal 2022 (5A/6A Only)

1. KSHSAA establishes 2 “Regional” sites (We can name these the East & West Sub-States)
2. KSHSAA will assign 18 teams to each of the 2 Sub-State Sites based on geographic proximity to the schools & race sites
3. Each of the 18 teams in a Sub-State will select a coach, athletic director or other representative for the boys seeding and one for the girls with a member of KSHSAA to moderate the discussion. (It can be the same person for both boys & girls meetings)
 - a. The meeting will take place by _____ of the current cross country season through Zoom
4. Using the criteria below, the representatives will seed/rank the 18 teams in their Sub-State. Seeding/ranking will be done for both the boy’s & girl’s teams separately
 - a. Head-to-head matchups during the season
 - b. Place (or times from Gold/Crimson/Blue Races) at Rim Rock Invitational
 - i. Teams not at Rim Rock will have to use other criteria
 - c. Common opponent matchups during the season
 - d. Recent past success
5. The seeded/ranked teams within each Sub-State will then be placed into 2 Regional races (Race A or Race B) in a serpentine system (snake seeding) order below.

Regional A

1 Seed

4 Seed

5 Seed

8 Seed

9 Seed

12 Seed

13 Seed

16 Seed

17 Seed

Regional B

2 Seed

3 Seed

6 Seed

7 Seed

10 Seed

11 Seed

14 Seed

15 Seed

18 Seed

6. Both Regional races will occur at the same venue on the same day but at separate times
7. The same State qualification procedures will apply for each Regional
 - a. Top 3 teams
 - b. The top 10 individuals or the 5 fastest runners NOT on a qualifying team if there are fewer than 5 individuals not on a qualifying team in the top 10