2026 KSHSAA 5A and 6A Sub-State Cross Country Championships

Saturday, October 24th

We are excited to host this year's 6A and 5A regional at Johnson County Community College. We hope the information below answers all of your questions. If you have further questions, please contact us:

6A: Chris McAfee (cmcafee@usd232.org or 913-909-7613)

5A: Justin Wrigley (jwrigley@stasaints.net or 913-515-7480)

Location: Johnson County Community College 12345 College Blvd. Overland Park, KS 66215.

Race Schedule:

7:40 AM	6A Coaches Meeting
8:30 AM	6A Girls Sub-State A
9:00 AM	6A Girls Sub-State B
9:30 AM	6A Boys Sub-State A
10:00 AM	6A Boys Sub-State B
11:00 AM	5A Girls Sub-State A
11:30 AM	5A Girls Sub-State B
12:00 PM	5A Boys Sub-State A
12:30 PM	5A Boys Sub-State B

Sub-State Seedings: Class 6A

Class 5A

Awards Schedule: (Awards will be held in the team camp area)

10:45 AM	6A Awards
1:15 PM	5A Awards

Awards: Plaques to the top 2 teams and medals to the top 15 individuals.

Entries: Entries must be done on KS.milesplit.com Entries are due by noon on October 19th. You may enter 10 but you can only race 7. Reminder- racing more than 7 will disqualify your team. You will receive an email from Milesplit with the link for registration. The 6A password is Regionals

No additions will be allowed after the October 19th deadline. Substitutions are permitted only with KSHSAA approval for injury or illness, and none will be approved after Wednesday, October 21.

Please see KSHSAA cross country handbook for complete details.

Timing: Timing will be provided by the Shawnee Mission timing crew. We will use bibs and pins provided by KSHSAA and chips worn on the racing shoe provided by Shawnee Mission Timing. Please return chips at the completion of the meet.

Admission: Free

Parking: Fans can park anywhere in the west parking lots of JCCC. The JCCC police academy lot is reserved for buses. Please instruct fans to not park in the JCCC police academy lot.

Buses: Buses can drop off at the team area near the old JCCC soccer field. Busses should park in the police academy parking lot.

Team Camps: Team camps will be located on the east side of the former JCCC soccer fields.
You may set up team camps in other locations, but not near the starting area.
Please keep tents at least 20 feet from the course.

Restrooms: There are 6 portable toilets at the starting line. There are 2 more toilets by the 2 mile mark. The football stadium at STA will be available. The JCCC buildings are closed to competitors, fans, and coaches.

Packets: Team packets can be picked up at the meet headquarters which will be located at a table along the fence of the old JCCC soccer field in the team camp area.

T-shirts: Sub-State Championship shirts will be for sale on site from M&A Design.

Starters: Brad Clark and Carl Owczarzak.

Appeals: See attachment for the KSHSAA appeals procedures.

Jury of Appeals

For 6A Girls Sub-State A: Davidson (BVW), Pope (OS), Porter (SMW)
For 6A Girls Sub-State B: Marriott (BVNW), Wannamaker (SMS), Burrow (OW)
For 6A Boys Sub-State A: Huesman (ON), Wannamaker (SMS), Porter (SMW)
For 6A Boys Sub-State B: Marriott (BVNW), Davidson (BVW), Pope (SMS)

For 5A Sub-State Girls A: Sachse (DeSoto), Dolinar (Piper) Bomhoff (St. James)
For 5A Sub-State Girls B: Ausemus (Pittsburg), Ballew (BVSW), Brading (Seaman)
For 5A Sub-State Boys A: Richards (Turner), Sachse (DeSoto), Smitheran (Spring Hill)
For 5A Sub-State Boys B: Ausemus (Pittsburg), Ballew (BVSW), Brading (Seaman)

Qualifying: Top 3 teams and any individuals in the top 15 qualify for state, no matter what team

they are on.

The sub-state team qualifiers are automatically entered into the state meet. If a team needs to make a substitution after regionals and before state, they will fill out the girls state substitution form and/or the boys state cross country substitution form and submit that to the KSHSAA by noon central time on Monday, October 26. These are found in the monthly October forms on KSHSAA.org behind the log in.

Previewing The Course: The JCCC course is open daily for teams to preview the course. However, the finish area on the Saint Thomas Aquinas track will not be available until Saturday morning due to football and soccer practices.

Starting area: Athletes and coaches only. We want to keep the starting area clear of parents, spectators and other distractions.

Finish area Athletes and race personnel only.

All races will finish on the track at Saint Thomas Aquinas. There are two gates to enter the track facility. The gate the runners enter for the finish will be manned by meet personnel and they will cut off spectator access once the racers approach the finish. <u>There is a second gate about 150 feet to the north that fans can access at any time.</u>

<u>Fans should not be on the track at any time. They can spectate from the infield or the surrounding areas.</u>

Prohibited Items Please instruct parents and fans to not bring dogs, frisbees, balls, etc.. to the meet.

Inclement Weather: We will work with KSHSAA in the event there is inclement weather. If it appears there will be a weather issue, we will communicate prior to Saturday to keep you updated.

Athletic Trainers: We will have athletic trainers on site provided by Mill Valley and St. Thomas Aquinas. They will be stationed near the finish line area and one will be on the trail gator.

<u>Important Note and Reminder From KSHSAA</u>

ATTENTION IS CALLED TO TRACK AND FIELD RULE 8 . . . CROSS COUNTRY. Prior to the regionals it would be helpful for coaches to carefully review all of Rule 8, and Rule 4-3-1, 2, 3, 4, 5 paying particular attention to:

4-3-1 Each team member's uniform shall be used by the school, worn as intended by the manufacturer, be of the same color and design.

4-3-1a Shoes shall be worn on both feet . . .

4-3-1b4 Waistband of shorts shall be worn above the hips.

4-3-1b3 Bare midriff tops are not allowed. The top must hang below or be tucked into the waistband.

8-3-3 A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number/chips shall be worn unaltered for timing purposes. Failure to do so is disqualification.

8-6 A competitor is disqualified who:

a. False Starts

b. Interferes with another competitor;

c. Is unsporting or uses unacceptable conduct;

d. Receives assistance from any other person; (Providing liquids during competition is not considered to be an assistance –PROVIDED the games committee has approved it.)

e. Receives assistance from another competitor to complete the race. (Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill competitor is disqualified). NOTE: Every attempt should be made for appropriate health care professionals to make these decisions as to assistance.

f. Fails to complete the prescribed course that is defined by a legal marking system.

Watches are permitted to be worn. The watch may not be set to transmit tactical information such as "surge now" to a competitor during the race.

Interpretations and explanations of these and other applicable rules are included in the 2025 Cross Country Manual which was mailed to each school prior to the season.