5A De Soto Regional Cross Country Meet

Date: Saturday, October 22nd, 2022

Teams: Bonner Springs HS, De Soto HS, Kansas City-FL Schlagle HS, Kansas City-Sumner Academy, Kansas City-Turner HS, Lenexa-St. James Academy, Overland Park-Blue Valley Southwest HS, Overland Park-St. Thomas Aquinas HS, Spring Hill HS

Schedule:
8:30am Packet Pick-up (shelter area)
9:00am Coaches Meeting/Packet Pick-up (shelter area)
10:00am Girls Race
10:40am Boys Race
11:10am Awards Ceremony

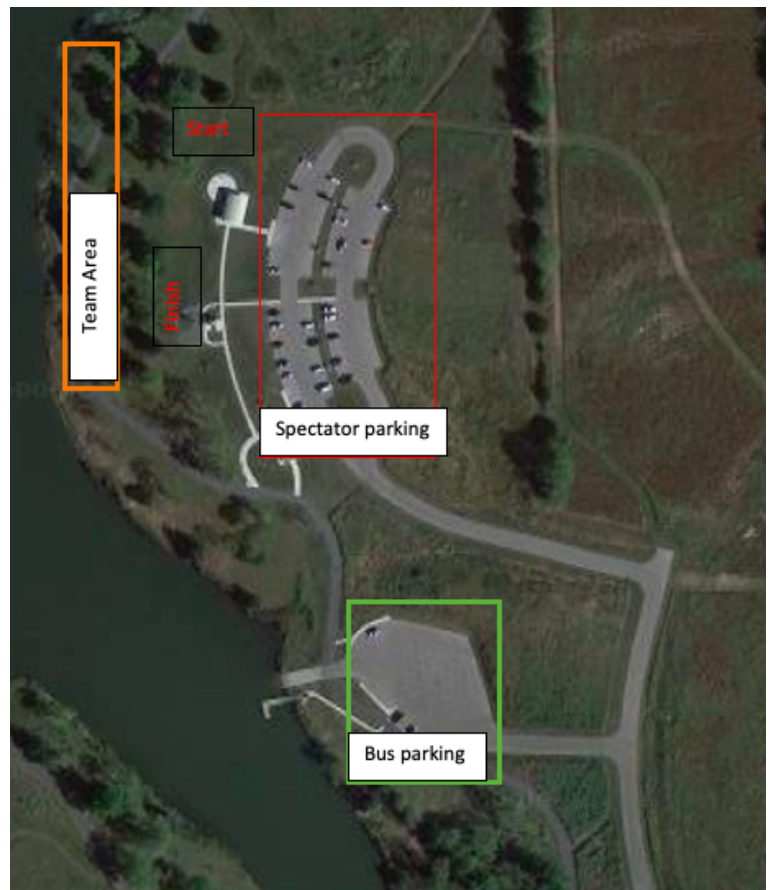**Location:** Lexington Lake Park, 9000 Sunflower Rd, De Soto, KS 66018

Directions: There is a lot of construction around De Soto and on K-10. Please allow plenty of travel time. General Directions:
Take the Edgerton Road exit off of K-10
Go South on Edgerton Road to 95th Street
Take 95th Street east to Sunflower Road
Take Sunflower Road north to the park.

Bus parking: Buses must park in the green lot (the first left after entering the park). No buses are allowed in the red lot. Athletes will unload in the bus parking lot, and follow the paved path to the team area.

Spectator parking: Spectators may park in the red-outlined lot or along the main road in the park. Please keep two tires on the road.

Team Tent Areas: Team areas need to be set-up west of the finish chute along the lake, and as far back from the course as possible.

Course Preview: The course can be previewed during normal park hours any day of the week. Final course markings will not be complete until late afternoon on Friday, October 21st.

Course Monitors Provided by Each School: Each school is asked to provide one course monitor per race. This can be the same person or different persons for the girls and boys races. Course monitors need to attend the coaches meeting to receive instructions on their designated location. A course monitor from two different schools will be randomly assigned to course monitor locations. **Coaches–please email the name(s) of your course monitor(s) to Jack Sachse (jsachse@usd232.org) by 5:00pm on Thursday, October 20th.**

Games Committee: Jack Sachse, De Soto; Aaron Ballew, BVSW; Justin Wrigley, St. Thomas Aquinas; Sherlice Wesson; Sumner Academy; Chris Richards, Turner.

Box Assignments:

1	Blue Valley Southwest
2	Bonner Springs
3	De Soto
4	F.L. Schlagle
5	Saint James
6	Saint Thomas Aquinas
7	Spring Hill
8	Sumner Academy
9	Turner

Entries: Entries will be done through Milesplit and are due by noon on Monday, October 17th.

Restrooms - There are restrooms located near the main parking lot. These are open to spectators and athletes.

Portable Toilets - There will be two portable toilets located close to the starting line. **These are reserved for athletes from 9:00-10:45am. Parents & spectators: please honor this request so that athletes have priority access before their races.**

Qualifying for the State Meet *(from KSHSAA manual)***:**

- **Criteria to Qualify for the State Meet:**
    1. Three (3) top teams from each regional.
    2. Top ten (10) runners medal and qualify for state.
    3. Top five (5) individuals from "non-qualifying teams" if not in top 10.
    4. Once the top ten (10) individuals have been identified:

THEN use procedure below to determine if additional runners from non-qualifying teams should be included as state qualifiers.

    A. Review and count those runners in top 10 who are not members of a qualifying team.
    B. If only one (1) of the top 10 runners is from a non-qualifying team, identify the next four runners also not a member of the top three (state qualifying) teams.
    C. If two (2) of the top 10 runners are from non-qualifying teams, identify the next three runners also not members of the top three (state qualifying) teams.
    D. If three (3) of the top 10 runners are from non-qualifying teams, identify the next two runners also not members of the top three (state qualifying) teams.
    E. If four (4) of the top 10 runners are from non-qualifying teams, identify the next one runner not a member of the top three (state qualifying) teams.

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Legal Uniforms: Please print, sign and turn in at the coaches meeting.

KANSAS STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

Cross Country
SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION

The NFHS Track and Field Rules Book states "Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains: (Rule 3-4-8)
   a. All team members are expected to exhibit good sporting conduct.
   b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform and equipment) in compliance with these rules.
   c. Any special circumstances, procedures and information pertaining to the meet.
Therefore, the Executive Board has approved and recommended that all coaches will verify, in writing, that their contestants are legally equipped and uniformed according to NFHS rules and will compete in a sportsmanlike manner.

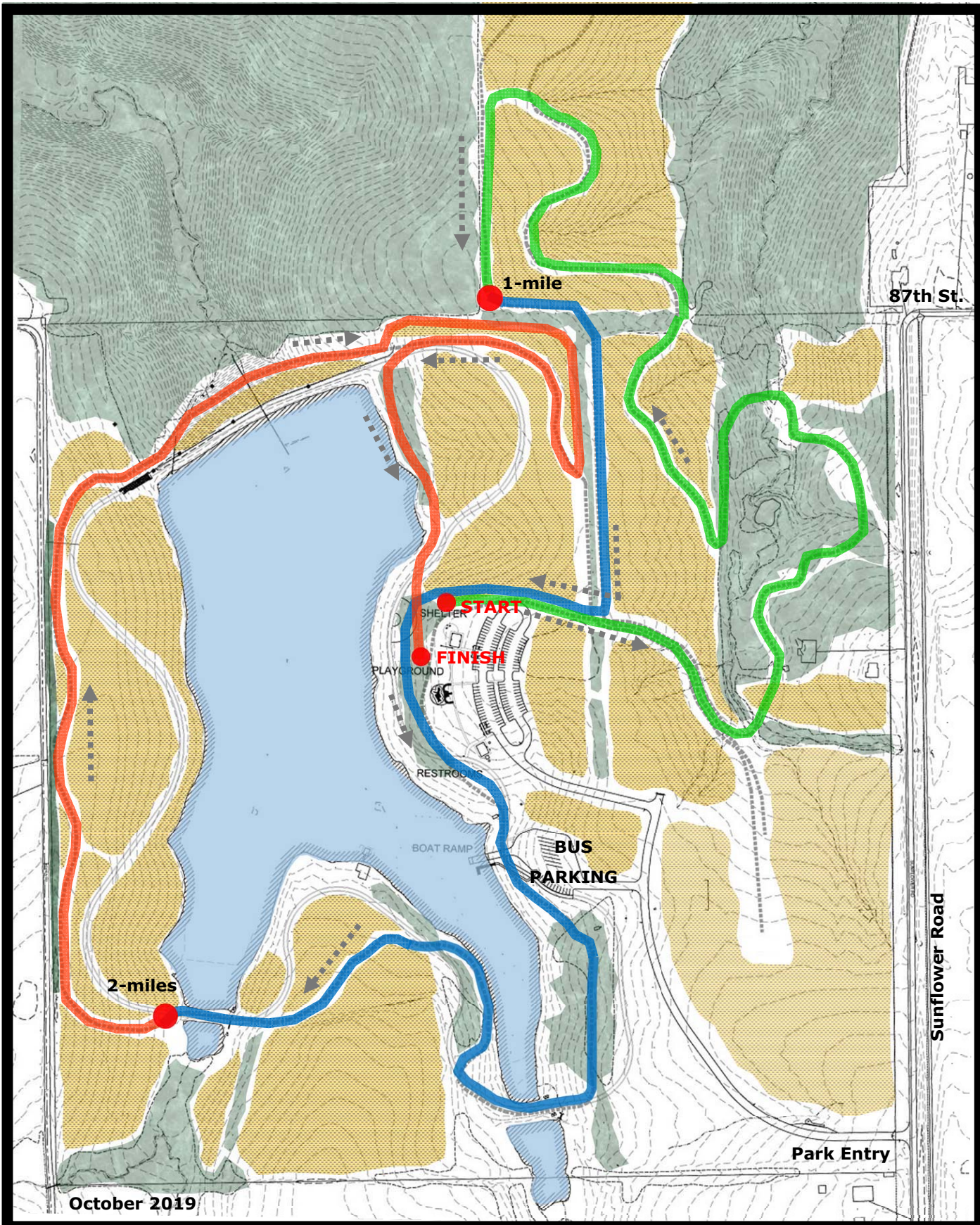Printed Coach Name: _____

School: _____

Coach Signature: _____

Event: _____ Date: _____

Questions: Please direct questions to either:
Michelle Mages, Meet Manager, De Soto AD, mmages@usd232.org or
Jack Sachse, De Soto XC Head Coach. jsachse@usd232.org

1-mile

87th St.

START
SHELTER
FINISH
PLAYGROUND

RESTROOMS

BOAT RAMP

BUS
PARKING

2-miles

Sunflower Road

Park Entry

October 2019

5K CROSS COUNTRY COURSE
@ LEXINGTON LAKE PARK

JOHNSON COUNTY PARK & RECREATION DISTRICT