



Cross Country

2025 MANUAL

DATES TO REMEMBER [\(TOC\)](#)

	Girls & Boys 2025
Online Rules Review Opens	August 4
First Allowable Practice	August 11
Deadline: Online Rules Review and Coaches Rules Test	August 22
Release of District Host Sites	August 22
First allowable contest (By-Law 3.9.1 Conditioning requirements must be met prior to participation)	August 28
Deadline to withdraw from season/post-season for classification purposes.	September 4
Class/District Assignments Released	September 12
Officials Postseason Application Deadline	September 17
District Entry Window Opens Coaches' Officials Postseason Recommendations OPEN (Officials Declarations up-to-date)	September 20
Coaches' Online Officials State Recommendations DUE	September 29
District Entry Deadline – 6:00 PM Roster → On Athletic.net Pass List → On MSHSAA	October 27
District Meet – Locations TBD	
All Classes	November 1
Make-up Date	November 3
State Entry Verification Deadline – 6:00 PM	November 3
Notice of Pre-existing Medical Conditions Deadline – 12:00 PM	November 5
State Championships – <u>Gans Creek Recreation Area, Columbia, Missouri</u> See Section 5.B.2 for annual rotation	Nov 7 & 8
Cross Country Advisory Committee Meeting	November 18
Open Facility Period (See bylaw 3.14.7 & Open Facility Board Policy)	Jan 5 – Feb 20
Out of Season Practice Period (See bylaw 3.14.7)	March 30 – May 15

Dates throughout the remainder of the manual are based on the MSHSAA Standard Calendar. They will be stated with a day of the week and the Standard Calendar week. This Calendar can be found on the inside front cover of the Official Handbook or in a MSHSAA 3-Year Calendar

Future postseason schedules may also be found at the back of the Official Handbook, located at www.mshsaa.org

Dates, times and locations are subject to change under the authority of the Board of Directors.

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

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Updated July 2025

DISTRICT ASSIGNMENTS & STATE INFORMATION MAY BE FOUND ON MSHSAA WEBSITE (www.mshsaa.org)

Revisions to the manual are highlighted in **bold red print and underlined**.

ADVISORY COMMITTEE [\(TOC\)](#)

The advisory committee members are appointed by the Board of Director member from their respective board district. Each individual is appointed to a four (4) year term. If an appointee is unable to fulfill their term, a replacement will be appointed to complete the remainder of the term. The purpose of the committee is to represent the schools and coaches within their board district on matters concerning the administration of the sport. Their role is a key component in bringing sport-specific needs, concerns, and recommendations to the Board of Directors. Please make sure to use them as your voice to the MSHSAA Staff and Board of Directors.

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Terms expire July 1 of the year noted
***serving out partial term, eligible for reappointment**

RULES INTERPRETERS

The rules interpreters have been selected for their knowledge of the NFHS rules and willingness to provide their advice to both umpires and coaches with regards to the interpretation of rules. The assistant executive director in each sport is the chief rules interpreter for the state but relies heavily on the advice and counsel of these individuals. Please feel free to contact them if you have a question regarding the application of NFHS rules. It is important to be clear on two additional points. First, these individuals do not interpret any MSHSAA By-Laws or Board Policies. Second, these individuals do not review video of calls or consider an official's judgement in making any call.

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PURPOSE AND PHILOSOPHY [\(TOC\)](#)

- A. **MISSION STATEMENT:** The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.
- B. **PURPOSE OF MANUAL:** This manual has been prepared to provide a better understanding of the administration of MSHSAA sponsored events. It will serve as a guide to the participating schools and will provide for greater consistency. All information will be included in this manual except such supplementary or incidental information as may be included in the MSHSAA Journal. The regulations in this manual shall be considered official unless the schools are notified in a Special Bulletin of any changes.
- C. **PHILOSOPHY OF INTERSCHOLASTIC ACTIVITIES:** Interscholastic activities are intended to supplement the secondary curricular program. These activities can provide the student with educational experiences and learning outcomes that contribute toward the development of good citizenship. This can be accomplished only when the emphasis is placed upon teaching "through school activities." Interscholastic activities can be justified only when this is their primary philosophy and purpose.
- D. **PURPOSE OF DISTRICT AND STATE CONTESTS:** There are two primary purposes that justify and cause district and state events to be desirable. Those purposes are to provide opportunities to demonstrate before the public the best knowledge, skills, and emotional patterns taught through a particular sport; and to evaluate and compare the best of this teaching of knowledge, skills and emotional patterns among schools. Unless these purposes are primary, district and state athletic contests cannot be completely justified.

It is the desire of the MSHSAA Board of Directors that these events be both fun and educational. It is extremely important that competitors, coaches, and the school community make every effort to enhance, and keep in proper perspective, the educational values of these events. Competition merely for "competition's sake" cannot be justified. Only when competition contributes toward worthwhile educational goals can it be considered sufficiently important to be included in the school program.

- E. **SUPERVISION OF COMPETITORS AND FANS:** MSHSAA By-Laws hold a school responsible, both at home and away, for the conduct of its competitors, students, coaches, and fans. Coaches are required to supervise their competitors. A coaches' respect for others and school property is necessary in order to instill this respect in competitors. Students staying overnight in hotels or motels in conjunction with any interscholastic athletic contest should be well chaperoned. The good conduct of students will leave a good impression of the entire school.

A school also should inform its competitors, students, coaches and fans of the value contest officials play in education through athletics. When informing these people of this, the difference in the purpose of high school and professional sports should be emphasized. Lack of respect for officials should not be tolerated. Booing of officials leads to booing of coaches and competitors. This has no place in high school athletics. Athletic administrators are urged to develop a program through any and all communication techniques available to ensure that spectators understand that high school athletics are an educational endeavor as opposed to the games being an end in themselves.

KEY MANUAL AND BY-LAW/BOARD POLICY CHANGES [\(TOC\)](#)

This section of the manual is to provide a quick summary of by-law/board policy changes impacting Cross Country approved advisory recommendations as well as changes to the manual. This should be utilized as a reference only and you should review the source material either in another section of this manual or the MSHSAA Handbook.

A. BY-LAW/BOARD POLICY CHANGES:

1. Cross Country Specific – NONE
2. Specific to all Athletic Programs:
 - a. SANCTIONING Requirements and Penalties - Adds new By-Laws 1.1.5 and 1.1.6 and all related amendments as indicated in Sections 3 and 4 to adjust the types of interscholastic competitive and/or evaluative events that require a sanction for participation and add penalty language when member schools fail to comply with sanction requirements.
 - b. Freshmen-Only Team Age Restrictions - Amends By-Law 3.5.1 to eliminate the age restriction as it relates to freshmen-only teams.
 - c. Age Restriction for Junior High School - Amends By-Law 3.5.2 to explicitly restrict 4th and 5th grade students from competing against 6th grade and above students, except in cases where they meet the overage criteria.
 - d. Girls Soccer and Fall Non-School Competition Exception - Amends By-Law 3.13.2 to adjust the Fall Non-School Competition Exception and to add the Girls Soccer Non-School Competition Exception to allow for non-school competition through the day before the first allowable contest, with prior approval by a school administrator.
 - e. Review by MSHSAA Office for Specific Ejections - Amends By-Law 5.5.1 to allow for an appeal to the MSHSAA office in instances of an ejection for kicks, strikes, fights, or when a substitute leaves the bench area during an altercation event.

B. APPROVED ADVISORY RECOMMENDATIONS: The following are changes in effect for the upcoming season that were recommended by the Cross-Country Advisory Committee and approved by the Board of Directors:

1. Addition of language to the Cross-Country Manual regarding Games Committee Selection and Minimum Duties. **(5.F.3)**
2. The State Meet Schedule has changed so that 3 Classes (6 races) will be conducted on Friday and 2 Classes (4 races) will be conducted on Saturday. **(5.G.1)**
3. Addition of [District Host Course Guidelines](#) developed by the Cross-Country sub-committee. **(3.C & 3.D)**
4. Release proposed District Site Locations on the Friday of week 7. **(5.F.2.b)**
5. For the State Meet, the manager wristband allows full access to the course and spectator/awards area, without the purchase of a digital ticket. **(5.G.8)**
6. For District meets, expand from 8 to 12 selected host sites to increase host venue options and provide smaller schools a chance to host. **(5.F.2.A)**

C. OTHER MANUAL CHANGES

1. Athletic.net – official partner of MSHSAA. Used for entries and meet process. **(2.A.1)**
2. Media Information **(APPENDIX D)**

D. MSHSAA POINTS OF EMPHASIS:

1. Uniform Regulations - All cross-country team members must wear uniforms clearly indicating through PREDOMINANT color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
 - a. The official should be able to easily identify members from the same team, even from 50 meters away. It is the responsibility of the coach to see that each athlete is in compliance with the uniform rules.
 - b. Officials must enforce the rules throughout the season. Violations cannot be ignored early in the season, only to be enforced later on and at district meets.
 - c. When a violation is observed and noted by the meet official, the competitor shall be required to make the uniform legal before becoming eligible for competition and shall be issued a warning that a subsequent violation shall result in disqualification from the meet.
 - d. The uniform top and bottom is required to be worn correctly when the competitor reports to the starting line.
2. Postseason Max Competitors – know how many runners can compete in the postseason
 - a. A team may enter a maximum of 10 runners per gender
 - b. Declaration of no more than 7 per gender will occur when the runners are clerked at the starting line
 - c. When the clerk checks the boxes, non-competitors must exit the area

SECTION 1: ESSENTIAL RESOURCES [\(TOC\)](#)

The information listed/linked in this section relates to MSHSAA By-Laws, Board Policies and information from the Sports Medicine Page as well as any state adoptions or modifications related to the applicable NFHS, USGA or USTA rules codes.

A. MSHSAA HANDBOOK REFERENCES [\(MSHSAA Handbook\)](#)

1. ALCOHOL/TOBACCO USAGE AROUND INTERSCHOLASTIC ACTIVITIES (Board Policy)
2. CHARITY/AWARENESS EVENTS (Board Policy)
3. CONDUCT – REMOVAL OF TEAMS & EJECTIONS (By-Law 5.5)
4. GUIDELINES FOR FAN SUPPORT ITEMS (Board Policy)
5. HEAT ACCLIMATIZATION (By-Law 1.7)
6. NON-SCHOOL COMPETITION (By-Laws 3.13.2 & 3.14.2)
7. ON-SITE PROTEST PROCEDURES (BOARD POLICY)
8. SANCTIONING (By-Laws 1.1.5, 1.1.6, 3.18.1, 3.18.2, 4.2.2, 4.3.4, 4.4.4, 4.5.10, & 4.6.4)

B. SPORTS MEDICINE REFERENCES [\(Sports Medicine Page\)](#)

1. CONCUSSIONS EDUCATION AND MANAGEMENT PROTOCOL [\(LINK\)](#)
2. HAZARDOUS WEATHER CONDITIONS/LIGHTNING GUIDELINES [\(LINK\)](#)
3. HEAT ACCLIMATIZATION [\(LINK\)](#)
4. OXYGEN USE POSITION STATEMENT [\(LINK\)](#)
5. WET BULB GLOBE THERMOMETER USE [\(LINK\)](#)

C. STATE ADOPTIONS AND MODIFICATIONS

NFHS Possible State Association Adoption Chart – Missouri Adoptions		
NFHS Rule	Language of Rule	Missouri Adoption
NONE		

SECTION 2: REGULAR SEASON (TOC)

- A. ELIGIBILITY ROSTERS:** Your school administrator must submit a cross-country eligibility roster through the MSHSAA website no later than one day prior to the school's first regular season contest.
- Athletic.net (new official partner of MSHSAA)**
 - If you already have a login on Athletic.net, simply login to "[Request Access](#)" to your team
 - If you don't have a login, simply go to [www.athletic.net](#) and "[Create Free Account](#)".
 - Eligibility rosters from the MSHSAA website will be automatically synced to your Athletic.net team page.
 - Schools WILL NOT be able to add athletes directly to their school page on Athletic.net.
 - Only athletes who were included on the roster import from MSHSAA will be designated as eligible on Athletic.net and be able to be registered for meets.
 - [Helpful links](#) – click for a list of helpful links and onboarding process (also on the MSHSAA Cross Country page)
- B. REGULAR SEASON LIMITATIONS:**
- A senior high school shall schedule and participate in no more than 10 regular season meets per season at each level of competition (varsity, junior varsity, sophomore or freshman). (Diagram 3.29.6)
 - In order for a school to be eligible to participate in the district meet, it must participate in at least **5** regular season contests.
 - Each student must participate in at least **1** regular season meet to be eligible to participate in the district meet.
- C. HEAT ACCLIMITAZATION & CONDITIONING REQUIREMENTS:** As fall sport, the Heat Acclimatization process defined in By-Law 1.7 and outlined in Diagram 1.7 of the MSHSAA Handbook must be followed. Please review with all coaches and athletes. Athletes must have completed 14 days of conditioning practice prior to being eligible to compete (By-Law 3.9).
- D. THE COURSE (NFHS Rule 8-1-1):** The cross-country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. It is **recommended** that high school races be 5,000 meters in length and middle school races be 3,200 meters (2 miles) in length. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked. This may be by a single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin. The use of natural or artificial boundary markers may be used. Signposts with large directional arrows or flags (about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground) SHALL BE USED wherever the course turns.
- Note:** If a single wide line is used, it may or may not mark the shortest possible route a runner can take.
- FLAG DESIGNATIONS**
- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
 - A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
 - A blue flag indicates a course straight ahead. Runners may run on either side of the flag.
- E. THE RACE: (NFHS 8-1-1a):** The runner's path may be the shortest distance between course markers including the start and finish lines when a single wide line is used to mark the path of the course. If two-boundary lines are used, runners must stay between the boundary lines at all times.
- F. SCORING:** Scoring shall be as shown in the following table:
- | | | | | | | | |
|---------|-------|--------|-------|--------|-------|-------|------|
| Place: | First | Second | Third | Fourth | Fifth | Sixth | Etc. |
| Points: | 1 | 2 | 3 | 4 | 5 | 6 | Etc. |
- All competitors who finish the race shall be ranked and tallied in accordance with the above table with up to 7 team members retaining their order of finish. The team score shall be determined by totaling the points scored by the first 5 finishers of each team. The team who scores the fewest number of points is the winner.
 - If less than 5 competitors of a team finish, places of all members of the team shall be disregarded and the team scores re-ranked.
 - Ties in team scoring shall be resolved by comparing the 6th place finishers from the tying teams. The team with the best 6th place finisher shall prevail. If one team does not have a 6th place finisher, the team with the 6th place finisher shall prevail.
 - If only 5 competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first 4 finishers.
 - No matter the system used, the order of finish is based on WHEN THE TORSO CROSSES THE FINISH LINE.
- NOTE:** See NFHS Rules 2-3-1, 2-3-2 and 2-3-3 on the correction of errors.
- G. COMPETITOR'S UNIFORM: (NFHS Rule 4-3)**
- 4-3-1b: Each competitor shall wear a school-issued or school-approved, full-length top and bottom or a one-piece uniform. Any outer garment (t-shirt, sweatshirt, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
 - 4-3-1b4: Loose-fitting, boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
 - 4-3-1b7: Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark or color restrictions.
 - 4-3-2a: **All cross-country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.**
- NOTE:** The official should be able to observe that all members are from the same team.
- NOTE:** The use of a watch worn around the wrist is not considered an aid for racing. (NFHS Rule 4-6.5 Note 2)

- H. OFFICIALS:** Only MSHSAA registered officials shall be contracted for regular season meets. The host school is responsible for entering officials for each race, per the Officials Declarations, on their schedule. If other schools have the event on their schedule, they can see who worked the event.
- I. PROVIDING LIQUIDS TO COMPETITORS:** Is permitted, as long as not to interfere with other competitors. (NFHS Rule 8-6-1d)
- J. ASSISTING A COMPETITOR:** A competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.
- K. USE OF AN ATOMIZER (INHALER) DURING COMPETITION:** **For regular season meets & the District Meet** - A physician's statement must be presented to the meet referee prior to the beginning of the meet for a competitor to use an atomizer during competition containing a prescription asthmatic drug. **For the State Meet** – a physician's statement must be sent to the MSHSAA Office (janel@mshsaa.org) by NOON on Wednesday after qualification. **This authorization is for use from time reported to the start line through the finish of the race. Authorization is not needed outside of this time frame.** (NFHS Rule 4-6.5 Note 1)
- L. DEFINITION OF A TEAM:** A cross country team is represented by coaches, contestants, managers, trainers and other associated school personnel. A cross country team shall consist of seven members unless otherwise agreed. (NFHS Rule 8-5)
- M. PROTEST/APEAL PROCESS:** May only be made if the coach believes a misapplication of a NFHS Rule or MSHSAA Cross Country procedure has occurred (NFHS Rule 3-5). The process is as follows:
1. The coach first protests to the referee/starter, in writing.
 2. The referee/starter then determines whether the protest is a judgment decision or a misapplication/misinterpretation of a rule.
 3. If the protest is based upon an official's judgment decision, the protest will not be considered and the decision will stand.
 4. If it is determined that the protest is a potential misapplication of a rule, the referee/starter shall render a ruling.
 5. If the coach still doesn't agree with the referee's decision, they may appeal the decision to the Jury of Appeals, if one is established. If one is not established, the starter/referee's decision is final. The Jury of Appeals decision is also final.
 6. No video will be used to rule on an appeal except to determine finish places (MSHSAA official finish line video only).
- N. OPEN/EXTRA RACES/EVENTS HELD DURING THE SEASON (VARSITY RACE/JV RACE/JR. HIGH RACE):**
1. Only eligible senior high school student-athletes from MSHSAA-member schools registered for the sport can compete against other eligible senior high school student-athletes from MSHSAA member schools registered for the sport.
 2. Only eligible junior high school student-athletes from MSHSAA-member schools registered for the sport can compete against other eligible junior high school student-athletes from MSHSAA member schools registered for the sport.
 3. Eligible boys and girls from MSHSAA-member schools could participate in the same open/extra race/event at the appropriate senior high or junior high school level. These races should be called JV Races. All other individuals (senior/junior high school student-athletes from non-member schools, those college-aged and above and those in 5th grade and below) must compete in races/events which exclude eligible student-athletes from MSHSAA-member schools registered in the sport.
- O. SPECIAL ACCOMMODATIONS:** The school of a competitor with a disability or special need may request specific special accommodations or to use special equipment. **The following items are required before accommodation requests can be reviewed and considered.**
1. A written request from the school, describing the competitor's special needs and the specific accommodation being requested. The letter should include the rule references of applicable NFHS Rules which would be violated without the accommodation.
 2. A letter from the parent(s) or guardian confirming the need for an accommodation and approving the accommodation request.
 3. A letter from the student's doctor or applicable caregiver describing the medical circumstance or special need, and confirming the need for an accommodation.
 4. Photographs of 1) the special equipment, and 2) the student wearing the special equipment, if applicable.

Subsequent requests (after a student is initially approved for an accommodation) will only require the school request (number 1 on the list above).

Written approval from the MSHSAA office is required prior to any competition. During the regular season, the letter of approval from MSHSAA must be presented to meet officials before any accommodations may be used. **Please allow ONE WEEK for requests to be reviewed prior to the first competition.**

MSHSAA will consider requests if:

- i. the sport is not fundamentally altered by the accommodation,
- ii. the accommodation does not create a risk to either the athlete or others, and
- iii. the accommodation does not place opponents at a disadvantage.

SECTION 3: POSTSEASON CRITERIA [\(TOC\)](#)

A. SCHOOL ELIGIBILITY

1. Postseason is for member senior high schools only
2. Schools must register for the post season by the annual deadline
3. A school must have competed in the minimum number of contests for the sport/activity concerned as outlined in Diagram 3.29.6
4. An individual must have represented their school in interscholastic competition in that sport during the current season.

B. OFFICIALS

1. Only those MSHSAA registered officials who have completed and verified a postseason application shall be eligible to work postseason meets.

C. RECOMMENDED HOST COURSE GUIDELINES

1. The course shall be 5000 meters (+/-30 meters), measured by a wheel on the tangents (shortest possible path that can be taken)
2. NFHS required minimum is at least 3' wide at its narrowest place and no longer than 10'. The course shall be at least 15'-20' wide for the 1st km and at least 10' wide for the remainder of the course
3. The course should be clear of obstructions (ground and overhead) that might create dangerous situations or interfere with the runners
4. Start Area – follow NFHS 8-1-4.a (boxes should be at least (6') wide). From the first box to the last box, there should not be distinct advantage for any school.
5. The first and last 137 meters (150 yds) should be straight with no significant turns
6. The finish line should be at least 15' wide
7. Boundary markers (painted lines, ropes, survey flags (of the appropriate colors), or natural boundaries) should be continuous throughout the entire length of the course, both inside and outside

D. MEET DIRECTOR RECOMMENDATIONS

1. Read and fully understand Section 5.F in the MSHSAA Cross Country Manual
2. Designate a games committee for time schedules, general meet information, protests, etc...
3. Designate times where teams can view the course ahead of time
4. Course marshals should be placed in areas of potential confusion or cutting of the course
5. Provide a backup method of timing/scoring the meet should issues arise with the primary device

SECTION 4: POSTSEASON ENTRY PROCEDURES [\(TOC\)](#)

A. DISTRICT MEET ENTRY PROCESS:

1. **OFFICIALS RECOMMENDATIONS – (Sat. Week 11 – Mon. Week 13):** (New in 24-25 for Cross Country/Track & Field - Please refer to your Dates to Remember for specific dates). Coaches are required to recommend a minimum of 5 (five) officials for postseason consideration. As in all other sports, coaches are only able to select officials who registered for the postseason. These recommended officials will be shared with each District Manager and also taken into consideration when selecting State Championship Officials. For every 5 officials recommended, a coach can non-recommend an official. **Failing to complete these recommendations will result in a fine.**
2. Entries:
 - a. **Must be submitted by head coach on [Athletic.net](#). DEADLINE: 6:00 PM, Monday of Week #17**
 - b. Boys' teams and individuals will run in the boy's series. Girls' teams and individuals will run in the girl's series.
 - c. Number of Entries:
 - i. Maximum of 10 per gender
 - ii. Declaration of no more than 7 per gender will occur when the runners are clerked at the starting line on the day of the race.
 - d. **Late Entries:** A \$100.00 fine shall be assessed per student-athlete for entries made after the noted deadline.
 - e. **Substitutions:** Are only allowed after the deadline in the case of a documented injury or illness. These substitutions are considered late entries and the fine will be assessed.
3. Team Entry:
 - a. From 1 to 7 runners per gender may represent a school in the district meet.
 - b. Only those schools entering a minimum of 5 runners per gender and having 5 runners per gender finish will be eligible to place as a team.
 - c. The first 5 runners per gender from each school to finish shall be counted in determining the team score.
 - d. Schools entering fewer than 5 runners per gender or schools having fewer than 5 runners finish the race will not be eligible for a team place.

Note: Should more than 7 runners from one team compete in a post-season meet, the team AND each individual runner shall be disqualified.
4. Pass List – submitted through the MSHSAA website prior to the deadline. A school may list only approved coaches, managers, other team personnel and administration.

B. STATE MEET ENTRY PROCESS:

1. Entries:
 - a. State meet entries must be visually confirmed on [Athletic.net](#). **DEADLINE: 6:00 PM, Monday of Week #18**
 - b. The MSHSAA Office shall be notified of any individual who will not compete in the State Championships.
2. Team Entry:
 - a. The top four (4) teams that start and finish the district race shall qualify for the State meet, even if there are four or less teams that finish the race.
 - i. These teams will be able to enter up to 10 individuals on their roster
 - ii. Declaration of no more than 7 will occur when the runners are clerked at the starting line on the day of the race.
 - iii. **Substitutions:** Automatic qualifying teams may substitute any student appearing on their eligibility roster and meeting the minimum entry requirements (Section 3.A.)

Note: Any substitutions made after the noted deadline will not appear in any State programs or on any apparel.
 - b. If on the rare occasion a school qualifies a minimum of 5 individuals, but was not one of the automatic qualifying teams, they shall be able to compete for a team trophy if a minimum of 5 runners competes and finish.
 - i. These schools will only be able to enter the 5 individuals qualified from the district meet.
 - ii. These schools are **NOT** afforded the same substitution privileges as the automatic team qualifiers.
3. Pass List – There is NOT a pass list for the state meet. Credentials will be provided in the qualifier packets for each approved coach based on the school's qualifiers (by gender of team qualified).

SECTION 5: CHAMPIONSHIP SERIES [\(TOC\)](#)

(District Meet thru the State Championships)

- A. POSTSEASON BROADCASTS:** MSHSAA holds exclusive ALL-PLATFORM DISTRIBUTION rights for AUDIO, DATA and VIDEO for all postseason contests or festivals (beginning with district level through state) in all activities. Any transmission or production of any portion of these events, without the consent of MSHSAA is prohibited. Events are defined as the competition or performance. This includes, but not limited to, using programs such as Facebook Live or YouTube.
- B. CLASSIFICATIONS (Friday of Week #10)**
1. Schools will be divided into 5 classes as determined by classification procedures outlined in Board Policy. Classification placement is determined by the gender with the higher number of postseason registered schools.
 2. Postseason Format
 - a. Each classification in each gender will be divided into four districts based upon geographic location and numeric balance.
 - b. Qualifying Individuals and teams (if applicable) will advance to the state championship meet.
- C. DIGITAL TICKETS:** Hometown Ticketing is the official partner for digital ticketing.
1. Districts: Use of digital ticketing will be a **host school option**
 2. State Series: Use of digital ticketing will be REQUIRED. No paper ticketing will be available.
 3. Contact: digitaltickets@mshsaa.org
- D. ADMISSION CHARGES:** Required for all spectators ages six (6) and up
- District Meets: **\$6.00**
Final Site (per day): **\$12.00**
- E. OFFICIALS RECOMMENDATIONS – (Sat. Week 11 – Mon. Week 13):** (New in 24-25 for Cross Country/Track & Field - Please refer to your Dates to Remember for specific dates). Through the District entry process, coaches are required to recommend a minimum of 5 (five) officials for postseason consideration. As in all other sports, coaches are only able to select officials who registered for the postseason. These recommended officials will be shared with each District Manager and also taken into consideration when selecting State Championship Officials. For every 5 officials recommended, a coach can non-recommend an official. **Failing to complete these recommendations will result in a fine.**
- F. DISTRICT MEET**
1. **District Course Host Guidelines – Refer to Section 3.C & D**
 2. **District Meet Date: Saturday of Week #17**
 - a. **Class 1 (single class - at 4 sites); Classes 2 & 3 (double class at 4 sites); Classes 4 & 5 (double class at 4 sites)**
 - b. Site Locations – chosen from a member school survey, locations are released on **Friday of Week #7**
 - c. Start Time & Race Schedule: To be determined by games committee
 - d. Any "open/extra" races will be run after all qualifying meets have been completed.

EVEN numbered years	Girls race first
ODD numbered years	Boys race first
 3. **Games Committee:**
 - a. **Selection: The manager shall select a minimum of seven (7) school representatives (athletic director, or coach) from other participating schools to serve with the official starter and him/her on the committee. Representatives from each class shall be selected as well as a diverse geographic cross section of class and district assigned schools.**
 - b. **Minimum Duties:**
 1. **Assist the manager in the administration of the meet and races.**
 2. **Establish the meet schedule taking into consideration the travel time and distance of schools.**
 3. **Proper course set-up and marking.**
 4. **Proper Marshal placement.**
 4. **General Meet Information:** The host site manager should disseminate any information necessary to member schools and the public to facilitate a quality experience for all including, but not limited to, parking availability and procedures, ticketing information, course map, concession and restroom availability, etc.
 5. **Pass List:** Schools are to submit a pass list via the website. Any individual not listed on the pass list must pay admission.
 6. **Coaches Meeting:** The host site manager and referee shall conduct a coach's meeting prior to the start of each classes' races. This meeting should be used to remind coaches of information already supplied to them by the host manager; any unique aspects of the course, and necessary warnings regarding uniforms.
 7. **Pre-Existing Medical Conditions (Use of an Atomizer (Inhaler)): A physician's statement must be presented to the meet director/referee prior to the beginning of the meet for a competitor to use an atomizer during competition containing a prescription asthmatic drug. Authorization for use of an inhaler is from time reported to the start line through the finish of the race. Authorization is not needed outside of this time frame. (NFHS Rule 4-6.5 Note 1)**
 8. **The Finish:** Initial finish shall be determined via a computer chip method (Bib – one in each bib). Final results must be verified using an image-based timing system (finish line camera). The torso is the determining factor in close finishes
 - a. The Referee or the Jury of Appeals can authorize the viewing of MSHSAA official finish line video to determine finish.

9. **Advancement from District (boys & girls):**

- Teams: The top four (4) teams that start and finish the district race shall qualify for the State meet, even if there are four or less teams that finish the race.
- Individual: The top 30 individuals, inclusive of automatic qualifying team members, shall advance to the State meet.

10. **Awards:**

- Team: A plaque will be presented to the 1st and 2nd place teams for each qualifying race.
- Individual: Medals will be awarded to the top 30 individual runners for each qualifying race.

G. STATE CHAMPIONSHIPS

1. **Championship Meet Date: Friday & Saturday of Week #18**

a. **Annual Rotation (Even Years – Girls 1st Gender Odd Years – Boys 1st Gender)**

	REFERENCE	2025 (B)	2026 (G)	2027 (B)	2028 (G)	2029 (B)
FRIDAY	C	CLASS 3	CLASS 2	CLASS 1	CLASS 5	CLASS 4
	D	CLASS 4	CLASS 3	CLASS 2	CLASS 1	CLASS 5
	E	CLASS 5	CLASS 4	CLASS 3	CLASS 2	CLASS 1
SATURDAY	A	CLASS 1	CLASS 5	CLASS 4	CLASS 3	CLASS 2
	B	CLASS 2	CLASS 1	CLASS 5	CLASS 4	CLASS 3

b. **Start Time & Race Schedule: (See Rotation above to match Classification to time slots)**

Thursday of Week #18	2:00 PM – 5:00 PM	C – E	Tent City & Course Access
Friday of Week #18	7:00 AM	C – E	Facility Opens
	8:00 AM	General Public	Gates Open
	9:00 AM	C 1 st Gender	Race
	9:45 AM	C 2 nd Gender	Race
	10:30 AM	C	Awards
	11:00 AM	D 1 st Gender	Race
	11:45 AM	D 2 nd Gender	Race
	12:30 PM	D	Awards
	1:00 PM	E 1 st Gender	Race
	1:45 PM	E 2 nd Gender	Race
	2:30 PM	E	Awards
	3:30 PM – 5:30 PM	A & B	Tent City & Course Access
Saturday of Week #18	7:00 AM	A & B	Facility Opens
	8:00 AM	General Public	Gates Open
	9:00 AM	A 1 st Gender	Race
	9:45 AM	A 2 nd Gender	Race
	10:30 AM	A	Awards
	11:00 AM	B 1 st Gender	Race
	11:45 AM	B 2 nd Gender	Race
	12:30 PM	B	Awards

- Coaches Meeting:** All approved coaches and AD's are required to view the online presentation and it is recommended any on-site supervising administrators view as well.
- Packet Pick-Up:** Team packets will be available for pick-up, by **HEAD COACHES ONLY**, during each team's pre-meet Tent & Course Access period & after 7:00 AM on the day of their meet. Packets are located at the MSHSAA HQ (on-site, in the building next to the athlete pavilion and circle drive).
- Parking:** (during Tent & Course Access period – park on-site; during competition - follow instructions below:
 - Vehicles carrying participating athletes may drop athletes off along the sidewalk next to Tent City and then proceed out of the facility to designated parking areas. There will be no "temporary parking" on-site.
 - Full Size buses must park at the Columbia Sports Fieldhouse. A shuttle will bring you back to the course. Buses do not require a permit.
 - School Vehicles & small buses (not full-size buses) are to park in any of the designated public parking lots, including the Fr. Tolton lot which will be available both days.
- Maps and directions for parking areas can be found on the MSHSAA website.
- Tent City:** located on the soccer field adjacent to the entry drive in the northwest corner of the facility.
 - Schools are allowed to set up team tents during their early access period or after 7:00 AM on race day.
 - Schools are liable at all times for their tents and gear.
 - Tent City is not a restricted area.
- Course Inspection:** Will be permitted only during the time designated for each classification. Teams should not access the course prior to this period or prior to 7:00 AM on race day.
- Teammate Event Access:** Schools will need to purchase a digital ticket for any additional non-competing team members to gain access to the venue (viewing areas along the course, awards area, apparel sales).

8. **Manager Access:** Schools are provided one manager wristband. A second manager wristband may be requested if the other gender qualifies. **The wristband provides this individual full access to the course and awards area.** Any adult found wearing one of these wristbands will have it removed and have the option to purchase a digital ticket to remain in the facility. Additionally, the school will be fined \$50.00 for the abuse of this privilege.
9. **Restricted Areas:**
- Course – Non-competitor shall not be on the course at any time during a race. Designated areas for viewing and crossing the course are monitored by marshals. Please heed their instructions.
 - Start Line/Competitor Check-in – On race day, limited to coaches, competitors, student managers and those with proper credentials. Administrators, parents and non-competitors should not be in this area.
 - Runners Assistance Building – Limited to competitors and event staff. Coaches, parents and teammates are to remain clear of this area. If staff needs, they will summon a coach into the area. Only upon request of medical staff will parents be permitted to enter this area.
- Note: It is important for you to make these restrictions clear to your community BEFORE they are at the site.**
10. **Facility Restrictions:**
- No bicycles or dogs are permitted on the facility property.
- Note:** Properly credentialed service animals are permitted in the parking and spectator viewing areas.
11. **Dressing & Shower Facilities:** There are no dressing/showering facilities at the State meet site. Each individual participant and school team will be responsible for making arrangements for the safeguarding of clothing and other valuables. MSHSAA and the Columbia Parks and Recreation Department cannot accept responsibility for any lost or stolen articles.
12. **Pre-Existing Medical Conditions (Use of an Atomizer (Inhaler):** For the State meet, all pre-existing medical conditions requests (i.e., an athlete susceptible to exercise-induced asthma) must be made to the MSHSAA Office (janel@mshsaa.org) by 12:00 PM on the Wednesday prior to the State meet. Included is the physician's letter, and please include school, gender & Classification. Authorization for use of an inhaler is from time reported to the start line through the finish of the race. Authorization is not needed outside of this time frame. (NFHS Rule 4-6.5 Note 1)
13. **Equipment:**
- Shoes shall have an upper and definitely recognizable sole and heel. The sole and heel may have grooves, ridges or track spikes which are no longer than 1 inch.
 - All contestants are provided 2 bib numbers (that are embedded with timing chips) to be pinned to the front and back of the jersey at chest (armpit) height. Two (2) hip numbers will also be provided; these shall be pinned at the hip either to the shorts (if jersey is tucked in) or to the jersey itself (if not tucked in). Please be sure the bib and hip numbers are the same.
 - Each contestant must wear the bib and hip number assigned to him or her.
14. **Box Assignments:**
- Qualifying teams randomly assigned every other box within the center thirty-two (32) boxes
 - Schools with individual competitors randomly assigned to the remaining boxes where no more than three (3) individuals from separate schools may be assigned.
15. **The Start:**
- Starting positions will be numbered on the ground at the starting line, and each school's position (box number) will be designated in the school packet and online. Check the location of your position well in advance of the start of the race.
 - A warning will sound 20 minutes prior to starting time.
 - When a second warning sounds (10 minutes prior to the race): Runners are to report to the starting line ready to begin the race. Marshals begin to clear starting area of all people. Runners report to starting line for instructions.
 - Starter takes over and announces each minute until 3 minutes prior to the race.
 - Three (3) minutes prior to the race is the official start time. It is the responsibility of each runner to be on the starting line and ready to run at the designated starting time. Once the runners have been called to the starting line by the starter for final instructions, a final run-out will be permitted with no coaches present.
 - The start is a 3-meter run up.
16. **The Run:**
- The course will be 5,000 meters in length, double lined; and color-coded flags, will be located at every turn (per NFHS).
 - Umpires & marshals will be stationed around the course to report any potential rule infraction.
 - A contestant can be disqualified for: leaving the course, interfering with another runner, and/or receiving assistance
 - A runner will be disqualified if a coach or other individual runs with or makes physical contact with a teammate.
 - A competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.
- Note:** Coaches are encouraged to caution their athletes about the difficulty of the course and to discuss that certified athletic/medical trainers have the authority to pull athletes from the race in potentially dangerous medical situations.
17. **The Finish:**
- Initial finish shall be determined via a computer chip method (Bib – one in each bib). Final results must be verified using an image-based timing system (finish line camera). The torso is the determining factor in close finishes.
 - The Referee or the Jury of Appeals can authorize the viewing of MSHSAA official finish line video to determine finish.
- Note:** Only personnel designated by the meet manager are permitted in the fenced and/or roped off area at the finish.
18. **Awards:**
- After the conclusion of both gender races for each classification, medals will be presented to individual finishers followed immediately by team trophy presentations. (See Section 5.G.1.b for schedule for approximate times)
- One medal (per gender/per class) shall be awarded to each top **30** placing individual runners.
 - One set of 7 medals (per gender/per class) shall be awarded to each first, second, third and fourth place teams.
 - One set of 4 medals (per gender/per class) shall be awarded to each first, second, third and fourth place coaches.
 - One trophy (per gender/per class) will be awarded to the first, second, third and fourth place teams.
- Note:** Schools may purchase additional medals for team members/coaches via the MSHSAA website.

APPENDIX A [\(TOC\)](#)

PROGRAM INFORMATION AND STATISTICS

The MSHSAA staff strives to publish the most accurate materials for all Championship events. Since a majority of the information contained in Championship publications is submitted by qualifying schools, it is imperative that the MSHSAA office receive correctly-spelled names, accurate classifications (year in school), season results, statistics of participants and coaching information. The MSHSAA Board of Directors has approved a fine process for all late, incomplete or illegible submissions for MSHSAA Championship publications. Schools that do not submit their information to MSHSAA in a timely, legible, complete and accurate manner will be fined \$25.00 per offense (Board Policy). Electronic reports must be submitted by the appropriate deadline in the format and style included with the report instructions. It is the responsibility of the school to verify that MSHSAA has received its program information, team photo and any other required information by the appropriate deadline.

APPENDIX B [\(TOC\)](#)

COPYRIGHT COMPLIANCE

MSHSAA Position Statement Regarding U.S. Copyright Compliance

Educators, coaches, and administrators who wish to use copyrighted material need to understand the privileges and rights of the copyright owner and must abide by defined limitations as expressed in U.S. Copyright Law. It is the responsibility of the school administration to ensure their school community is in compliance with U.S. Copyright Laws at all times when playing music at your events, reproducing consumable materials, and all other events taking place at school facilities where copyright laws are to be followed. When hosting a MSHSAA postseason event, the host site is responsible for confirming any music being played over a public sound system, used in video clips, etc., has the gained written permission and/or secured the necessary license(s) to play the music, video clips, etc. from the appropriate Performing Rights Organization (i.e. ASCAP, BMI, SESAC, other).

The NFHS (National Federation of State High Schools) has established an agreement with ASCAP to allow schools and non-school sites hosting a MSHSAA postseason event, to perform/play music in which they own the rights (at least 50%) of the work at no charge. It is your responsibility to ensure the music performed onsite is owned by ASCAP. To determine if the music is owned by ASCAP to go www.ASCAP.com and select the link 'Repertory' to search their catalog. If the work is not owned by ASCAP (at least 50%), you will need to work directly with the organization that does own the rights (BMI, SESAC, etc.) to secure the necessary license or not use that work. This agreement only extends to the playing of music recordings downloaded to personal electronic devices, CD's, etc. but does not extend to mash-up recordings or music altered from its original recording without the site obtaining a license to do so.

APPENDIX C [\(TOC\)](#)

SITE SELECTION PROCESS

A. General Process: District Site Selection Process

1. MSHSAA Staff shall send an interest survey to all schools registered for postseason. The survey is to develop a pool of schools/facilities willing and able to host a district/sectional meet.
2. MSHSAA Staff will work to identify the best venue options for hosting based upon quality of facility, meeting of minimum requirements and travel considerations.
3. Prior to final assignment, a medical Emergency Action Plan (EAP) for all state series sites and venues must be confirmed/uploaded to the MSHSAA website prior to hosting. The medical EAP shall specifically require an onsite AED and use of MSHSAA's AED Guidelines as posted on the Sports Medicine page at www.mshsaa.org
4. MSHSAA Staff will publish selected sites by approximately the Friday of Week #8
5. Following the assignment of all registered schools to classifications and districts, schools registered for the postseason will know the location of their district meet.
6. Following final approval, host sites shall be added to the district assignments link and the district managers' packets shall be forwarded to each district manager within an appropriate time frame to allow for proper administering of the event.

B. Specific Criteria for District Sites

1. The Board of Directors has taken the position on the locations for District and State Tournaments that competition sites for all district and state series events shall be conducted in Missouri unless a school owned facility, contiguous to the school campus is beyond the state border.
2. The site facility(s) must be in compliance with the Title III of the Americans with Disabilities Act as a place of public accommodation.
3. A medical Emergency Action Plan (EAP) for the venue being used for hosting a postseason contest must be uploaded and accounted for at www.mshsaa.org. The medical EAP shall specifically require an onsite AED and use of MSHSAA's AED Guidelines as posted on the Sports Medicine page at www.mshsaa.org.
4. Secure location for contest officials to be sequestered from teams and spectators.
5. Ability to take admission for all contests.
6. Seating capacity shall be adequate to accommodate anticipated attendance.
7. Adequate off-street parking available for the seating capacity of the facility – required.
8. Adequate concessions available for spectators – required.

C. Specific Criteria for Cross Country Sites

1. RECOMMENDED COURSE GUIDELINES

- a. The course shall be 5000 meters (+/-30 meters), measured by a wheel on the tangents (shortest possible path that can be taken)
- b. NFHS required minimum is at least 3' wide at its narrowest place and no longer than 10'. The course shall be at least 15'-20' wide for the 1st km and at least 10' wide for the remainder of the course
- c. The course should be clear of obstructions (ground and overhead) that might create dangerous situations or interfere with the runners
- d. Start Area – follow NFHS 8-1-4.a (boxes should be at least (6') wide). From the first box to the last box, there should not be distinct advantage for any school.
- e. The first and last 137 meters (150 yds) should be straight with no significant turns
- f. The finish line should be at least 15' wide
- g. Boundary markers (painted lines, ropes, survey flags (of the appropriate colors), or natural boundaries) should be continuous throughout the entire length of the course, both inside and outside

2. MEET DIRECTOR RECOMMENDATIONS

- a. Read and fully understand Section 5G from the MSHSAA Cross Country Manual
- b. Designate a games committee for time schedules, general meet information, protests, etc...
- c. Designate times where teams can view the course ahead of time
- d. Course marshals should be placed in areas of potential confusion or cutting of the course
- e. Provide a backup method of timing/scoring the meet should issues arise with the primary device

APPENDIX D [\(TOC\)](#)

MEDIA INFORMATION

- A. Eligible Media-** All media representatives must be approved by the MSHSAA communications team via our online credentialing system (See Credentialing in Section C). Please ensure media covering our events are working in a professional capacity and adhering to professional standards of conduct, as well as all MSHSAA media regulations (mshsaa.org/media) and event policies.
- B. Eligible School Media-** All school media representatives must be approved by the MSHSAA communications team via our online credentialing system (See Credentialing in Section C). School media is identified as a reporter/photographer/broadcaster who is verified to represent a full-member school. Each school qualifying for a MSHSAA-sponsored postseason event will be allowed school media credentials to gain access to the media areas for the purpose of taking still photography, videography, writing news/feature stories, or broadcasting. It is up to the school administration to decide which students or personnel will be issued these credentials (See Credentialing in Section C). See your Media Regulation and Credential Book on mshsaa.org/media for more information.
- C. Credentialing-** Athletic Directors can apply for **school media credentials** by logging into their MSHSAA administrative account, navigating to the Sports/Activities tab, and selecting "MSHSAA Media Credentials" under the postseason section. From there, athletic directors can add reporters and submit credential requests for postseason events. Schools may receive up to three approved media credentials per event, to be distributed at the school's discretion. Please note: Schools who wish to broadcast can apply for an additional number of media credentials (More Information in Broadcast Section Below). All media personnel—including, but not limited to, reporters, photographers, writers, broadcasters, and camera operators—must be credentialed to gain entry to the event grounds. Only individuals listed on the official pre-approved media list with a green checkmark are authorized to access your event. There are no exceptions. This list will include each media member's name, outlet, and email address, and can be found in the **Postseason Manager** portal by navigating to: **(The Event) > Tournament Items > Media Credentials**. Any outlet or individual not marked with a green checkmark, or not appearing on the list, must be treated as a spectator and must purchase a ticket for admission. If there is any uncertainty regarding a person's media status, please contact Andrew Kauffman or Scott Lunte for verification. See your Media Regulation and Credential Book on mshsaa.org/media for more information.
- D. Conduct-** All members of the media, school media included, should be held to the same standard. MSHSAA expects all media to behave in a professional manner. Any media representative who displays unprofessional behavior may be asked to leave. If a member of the media is found to have a direct association with a team or individual competing in a MSHSAA sanctioned event (such as a coach, team manager or reserve player), the individual's media credential privileges should be revoked, and an effort should be made to appropriately credential the violating individual should the situation warrant. Designated media areas should be for media use only. No one under 18 years of age (except student media representatives), spouses, friends, coaches or fans will be admitted to media areas. See your Media Regulation and Credential Book on mshsaa.org/media for more information.
- E. Restricted Areas and Procedures-** The player and officials locker rooms, practice areas and dressing areas are closed to all media representatives, including school media, at all times during any MSHSAA-sponsored activity. This policy is in place to protect the privacy of your student-athletes. It is the philosophy of MSHSAA and its member schools that minors in dressing areas do not mix with cameras and reporters, period. There are no exceptions to this rule at any time. Likewise, game officials are restricted from issuing comments to the media before, during or after a contest. Any attempt to pursue an official in the playing area, in the dressing areas or on the grounds of the event itself will be considered a violation of the conditions placed on the representative's/outlet's credentials. Rules interpretations may be sought through the site manager, media host or host athletic administrator only. See your Media Regulation and Credential Book on mshsaa.org/media for more information.
- F. Accommodations-** Site managers are responsible for accommodating media representatives and ensuring appropriate working space is provided. Basic accommodations should include, but are not limited to, access to team rosters and brackets, official scoring or results, a writing surface (e.g., a designated press table), weather protection, and access to the competition area after the event concludes. If there are any known limitations that may hinder the ability to properly accommodate media, the MSHSAA communications team must be notified in advance. Known limitations could include lack of broadcast areas, working table space, photography areas, exposure to inclement weather, and other areas that are believed to be at an unsafe distance from the playing surface. Additionally, banners, when permitted at the site manager's discretion, should be displayed at the station's originating location, and this banner may only be displayed while the outlet is originating. The banner may not display logos or names of advertisers sponsoring the outlet's origination.
- G. Photography-** Photographers who need "floor" access must be on the official pre-approved media list. Individuals with a camera who are not on the pre-approved media list with a green checkmark must be treated as a spectator and must purchase a ticket for admission. All photographers must follow NFHS and MSHSAA guidelines. Complete photographer regulations by sport can be found in the Media Regulation and Credential Book on mshsaa.org/media. Individuals who fail to follow NFHS and MSHSAA guidelines may be asked to leave the facility.

NOTE: Please contact Andrew Kauffman, Communications Director, by phone at (573) 875-1077 or by e-mail at Andrew@mshsaa.org, if you have ANY questions concerning the guidelines listed in this section or have any media questions/concerns. You can find our Media Regulations & Credentials Book on mshsaa.org/media.

APPENDIX E [\(TOC\)](#)

STATE CROSS COUNTRY EMERGENCY PLAN

Gans Creek Recreation Area

Emergency Personnel: Physician Certified Athletic Trainer, Coaches and Administration Staff.

Emergency Communication: The Certified Athletic Trainers and/or Coach carry cellular telephones. Because the facility is located at a neutral site and is spread over the entirety of the golf course, Administration staff and medical staff will have access to two-way radios for emergency communication.

Emergency Equipment: Arranged ahead of time for EMS to be on site at all times that racing is taking place. Supplies and equipment brought to the Gans Creek Recreation Area for races include taping and bracing supplies, general trauma and wound care kits.

Roles of Physician/Certified Athletic Trainer (ATC)

- Immediate evaluation and care of the more seriously-injured or ill student-athletes.
- Activation of emergency medical system (EMS).
- 911 call (provide name, address, telephone number; number of individuals injured, condition of injured, first aid, treatment, specific directions and other information as requested).
- Return to play decision-making on the injured student-athlete.
- Physician/Hospital referral of the injured student-athlete.
- Contacting the parent(s) of the injured student-athlete.

Roles of Administrative Staff/Coaches

- Direct EMS personnel (ambulance) to scene.
- Unlock and open gates for entrance to Gans Creek Cross Country Course.
- Designate individual to "flag down" EMS and direct to scene, if not already on site.
- Area control: limit area to sports medicine personnel and move bystanders (including players) away.
- Ensure parking lot is clear and accessible to emergency personnel.

Documentation

- Documentation of incident completed within 24 hours.

Venue Directions:

- Exit off of Highway 63 via the Discovery Pkwy. exit.
- Turn right onto Gans Road.
- The Gans Creek Cross Country Complex will be on your left.
- Address: 3350 E. Gans Road. Columbia, MO 65201

MISSOURI STATE HIGH SCHOOL
ACTIVITIES ASSOCIATION

Centennial

FEBRUARY

4

**MSHSAA'S 100TH
BIRTHDAY**



MSHSAA Centennial
National Anthem

MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

WWW.MSHSAA.ORG ♦ 573-875-4880

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