



CATHOLIC SCHOOL ATHLETIC ASSOCIATION
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2023 CSAA CROSS COUNTRY INFORMATION

Important Dates

First Day of Practice - Monday July 24 for all grades

CSAA Fun Run - Monday October 2 6:00 PM at Tom Sawyer Park

CSAA Championship Meet - Tuesday October 3 6:00 PM at Tom Sawyer Park

Practice Information

Practice for all grades (K-8) may begin on Monday July 24. All boys and girls are eligible to participate even if they are competing in other sports such as Football and Volleyball. CSAA practice limitations apply across all sports.

Meet Information

Location - Both the Fun Run and the Championship Meet will be held at E.P. "Tom" Sawyer Park at 2800 Freys Hill Rd. The meets will take place in the southeast corner of the park by the BMX Track. **THIS IS NOT THE MAIN PARK ENTRANCE. Follow signs to the BMX Track.**

Race Registration - Submit entries via the KYTrackXC.com website. Password: CSAAXC2023. Entries are due by 11:00 PM Tuesday, September 26. Late entries should be submitted via email to joebuechler62@gmail.com.

Entry Fee - The Fun Run entry fee is \$7 per runner. The CSAA Championship entry fee is \$13 per competitor. Late entries will be charged an additional \$10 fee per athlete. All fees - which will be based on the number of entries - will be billed directly to the parish so no upfront payment is required.

Schedules, Divisions and Distances -

**Monday
October 2
Fun Run**

Start	Grades	Gender	Distance
6:00	K - 2nd	Girls	1000 meters
6:15	K - 2nd	Boys	1000 meters
6:30	3rd - 4th	Girls	1 mile
6:45	3rd - 4th	Boys	1 mile

**Tuesday
October 3
CSAA
Champion-
ship**

6:00	5th - 6th	Girls	2000 meters
6:15	5th - 6th	Boys	2000 meters
6:30	7th - 8th	Girls	3000 meters
6:55	7th - 8th	Boys	3000 meters

Division Eligibility - Participants must run in the division as dictated by their grade. For example, a 5th or 6th grade runner may not compete on a 7-8th grade team.

Team Size - A parish must compete with a minimum of four runners to receive a team score. There is no limit to the number of runners a parish may enter. Parishes may enter fewer than four runners, but their finishing places will not count toward a team score. Schools may not merge teams.

Team Scoring - All competitors who finish the race shall be ranked and tallied in accordance with the table below. Up to seven team members retain their order of finish. Any team members beyond seven shall not displace any opposing runners. The team scores shall then be determined by totaling the scores of the first four runners of each team. The team which scores the fewest number of points is the winner. Ties in team scoring will be resolved by comparing fifth place finishers from the tying teams. The team with the best fifth place finisher shall prevail. If one team does not have a fifth-place finisher, the team with the fifth-place finisher shall prevail.

<u>Place</u>	<u>First</u>	<u>Second</u>	<u>Third</u>	<u>Fourth</u>	<u>Fifth</u>	<u>Etc.</u>
Points	1	2	3	4	5	Etc.

Competitor Identification - Each runner will be assigned a unique bib number to be worn on the front of his/her uniform.

Race Results - Finishing places, times and team scores will be determined using a fully automated system

Finals - Each race is a final. There are no heats or classes.

Starting Line Procedures - Each parish will be assigned its own starting line box prior to the meet and will retain the same position for all races. The boxes will be equidistant to the first turn and of the same size - which should generally allow three to four competitors to be positioned directly on the starting line. Additional team members will fill in behind the front runners.

Rules - The meet will generally be governed by the rules of the National Federation of State High School associations.

Uniforms - All schools must wear matching shirts.

Course Markings - Each course will be marked with a mixture of flags, ropes, cones and paint. Race officials and volunteers will be posted at strategic junctures along the route.

Course Maps - The Cross Country information page on the CSAA website contains maps of all four courses.

Awards - In the CSAA Championship, trophies will be presented to the Champion and Runner-Up teams. Medals will be presented to the first three finishers and ribbons to the first twenty finishers. In the Fun Run, ribbons will be given to the first twenty individuals.

Parking - Ample parking is available in the paved BMX lot or in the grass field directly across from the course. **DO NOT PARK ON THE GRASS ANYWHERE IN THE PARK OTHER THAN IN THE DESIGNATED FIELD.**

Tents - Tents are allowed anywhere other than on the actual course and in the open area around the finish line. Please keep tents at least twenty feet away from the edges of the course so as not to impede spectator viewing.

Other Meets - Parishes are welcome to conduct their own or participate in dual, triangular and/or invitational meets prior to the CSAA sponsored meets.

Contacts -

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