



2021 High School Cross Country



SCIAA Contact

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General XC Questions

Meet Director

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Important Dates

Date	Description	Time	Location
July 26	TSSAA First Practice Date	4:00 pm	
August 11	SCIAA Coaches Meeting		SCIAA Office
August 16	TSSAA First Contest Date/ Deadline to File Eligibility & Schedules on TSSAA portal		TSSAA Portal
September 1	Complete SCIAA Registration (NOT A REAL MEET)	11:59 pm	tn.milesplit.com
September 2	Course open to run	5:00 pm	Shelby Farms
September 3	Mandatory Registration Make-Up	3:30 pm	SCIAA Office
September 9	Team Packet Pick-Up	9:00 am to 4:00 pm	SCIAA Office
September 9	Course open to run	5:00 pm	Shelby Farms
September 10	Team Packet Pick-Up (Last Opportunity)	9:00 am to 12:00 pm	SCIAA Office
September 16	SCIAA Meet #1	5:00 pm	Shelby Farms
September 23	Course open to run	5:00 pm	Shelby Farms
September 30	SCIAA Meet #2	5:00 pm	Shelby Farms
October 7	SCIAA AAA Championship	3:30 pm	Shelby Farms
October 7	SCIAA A-AA Championship	4:30 pm	Shelby Farms
October (TBA)	TSSAA Regionals – Region 8 – Small	TBA	TBA
October (TBA)	TSSAA Regionals – Region 8 – Large	TBA	TBA
October 30	TSSAA Regionals Must be Completed	TBA	TBA
November 4-5	TSSAA State	TBA	Sanders Ferry Park

2021 Course

Park

Shelby Farms

Meters

5k

Address

7171 Mullins Station Rd., Memphis TN 38134



Directions to Shelby Farms XC Course:

From 240 to Walnut Grove East

- Make a left onto Farm Road (First entrance into Shelby Farms Park)
- Make the first RIGHT onto Great View Dr N
- Make the first LEFT onto N Pine Lake Dr
- Follow road straight back until it ends. Grass parking lot is flagged.

SCIAA XC Meet Information & Requirements

Pre-Season

- Teams **MUST** submit their entire roster for the season by entering the SCIAA Registration meet on tn.milesplit.com. This is not an actual meet! Failure to register on time will result in a mandatory registration meeting at the SCIAA office. Missing the meeting could result in forfeiting the entire XC season. Meeting is **ONLY** mandatory if you did not register by the deadline.
- You must pick up your team packets at the SCIAA office on the designated date. **YOU WILL NOT BE ABLE TO PICK UP AT THE RACE.**

Mid-Season

- Teams must attend the 2 regular season SCIAA cross country meets. (9/16 and 9/30). The Championship is also **MANDATORY**. Failure to attend the 2 regular season meets and the SCIAA Championship meet will result in a fine.
- On September 2, September 9, and September 23 the course at Shelby Farms is reserved for SCIAA schools. These dates will not be electronically timed and are not mandatory. Schools may get together and create their own meets on these dates or use the course for practice. SCIAA staff will not be present on these dates.
- Teams may enter any races hosted by entities outside of SCIAA. Maximum number of regular season meets is 11 including the SCIAA Championship. Search <https://tn.milesplit.com/> to find meets.
- Unlimited entries per school are permitted at the 2 regular season meets.
- For the SCIAA Championship there is a maximum of 7 participants per team.
- If a team does **NOT** register and still attends, the team will not be allowed to run.
- All races will be electronically timed. Results will be emailed to coaches following the meet. Coaches will have 24 hours to dispute the results. Disputes must be sent to the SCIAA in writing to be considered. After 24 hours, the final results will be posted to TN Milesplit.
- **No chips will be assigned at any meets. Runners showing up to a meet without their chip will not be allowed to run.**
- Races will start at 5:00 pm sharp. Coaches must **check in by 4:30pm** and allow athletes time for proper warm up. Girls will run in the first wave at 5:00pm, and boys in the second wave starting at approximately 5:30pm.
- If a chip needs replacement, email Reed Willis, willisrh@scsk12.org. Chips will not be replaced at any meet. Replacement chips are subject to a \$25 fine per chip.

Post-Season

- Schools will be given the timing chips for the entire season and must return them after the Championship.
- If shoe tags are lost, stolen, broken, or not turned in, schools are subject to a \$25.00 fee per missing/damaged tag.



TSSAA XC INFORMATION



Athletes

Teams: A team will consist of a minimum of five and a maximum of seven runners. However, if a school does not have a team it may enter less than five runners in the individual division of the meet. No school shall enter more than seven participants in the Regional Cross-Country Meet. Three alternates may be listed on the entrance form.

Uniforms: All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

Eligibility List: Eligibility List and schedule must be submitted in the TSSAA Portal before the first contest date of Fall Sports.

Practice: Participants must have signed physicals and required forms on file at the school prior to their first practice. Each student-athlete must have a completed Athlete's Health Record (comprised of a cleared pre-participation physical examination, emergency information, informed consent, acknowledgement of risk and authorization to treat signed by parent/guardian) ****Covid-19 Informed Consent and Acknowledgment of Risk**** and the Tennessee State Concussion & Sudden Cardiac Law "Information & Signature Form" before participation in a try-out, practice, or game.

General Regulations

Length of Course: The Cross Country courses will be 5k meters in distance for boys and girls. Rules governing Cross Country shall be those as published by the National Federation of High School Associations in the Track and Field Rulebook.

Regional Meets: At the regional cross country meets each year, the coaches involved shall select the site of the following year's regional cross country meet and the director. The Large & Small Class teams (**as determined by classification**) will be scored as two separate cross country meets.

Coaches

Requirements: All coaches must have current CPR certification and complete the NFHS "Concussion in Sports", "Sudden Cardiac Arrest", and "Covid-19 for Coaches and Administrators" prior to coaching. All coaches must also complete Safe Schools Athletic Coaches Covid-19 Training. All non-faculty and classified employees must complete the NFHS "Fundamentals of Coaching" and "First Aid, Health, & Safety for Coaches" prior to coaching.

TSSAA CLASSIFICATION 2021-2023

A-AA

Bolton High	Manassas High
Booker T. Washington	MASE
City University School	MBA
Compass-Midtown	Middle College High
Craigmont High	Mitchell High
Crosstown High School	MLK Prep
Douglass High	MSE
East High	PCA High
Fairley High	Raleigh-Egypt High
Hamilton High	Ridgeway High
KIPP Collegiate High	Soulsville Charter
Kirby High	Trezevant High
MAHS	Wooddale High
Melrose High	

AAA

Germantown High
Southwind High
White Station High
Whitehaven High
Overton High
Central High
Kingsbury High
Cordova High