2026 GHSA CROSS COUNTRY STATE MEET
COACHES' INSTRUCTIONS

The State Championship course for all classifications is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHSA sanctioned/scheduled meet is held during the regular season on the course and a school enters the event).

1. Course Preview, Practice and Early Packet Pickup Times: **Course preview may be limited or not available in the case of inclement weather that may cause damage to the course**.
   COACHES ONLY are allowed to pick up team packets.
   Early packet pickup available and replacements on roster declaration forms accepted
   a. **Thursday, November 5**: **4:00-6:00pm** – Course open for preview and practice only for participants in Friday's races.
   b. **Friday, November 6**: **4:00-6:00pm** – Course open for preview and practice for participants in Saturday's races. The course is closed on Friday after the conclusion of Friday's races until 4:00 pm in order for Meet Management to re-mark and re-condition the course.
      NOTE: Coaches and runners must adhere to the published times for which the course is open for preview and practice. The Carrollton Greenbelt is adjacent to the Carrollton Elementary School campus for practice.

      No teams or individual athletes competing on Friday will be allowed on the course on Thursday, other than during the published 4:00-6:00pm time.

      No teams or individual athletes competing on Saturday will be allowed on the course on Friday, other than during the published 4:00-6:00pm time.
2. Bibs with chips will be assigned ONLY to the seven (7) runners, who have been confirmed by each qualifying team coach. Athletes must wear assigned numbers, unaltered and clearly visible.
3. On race day, qualifying team coaches may make necessary changes for the seven athletes who will compete by using a declaration form to finalize any REPLACEMENTS for the original seven runners. The declaration form should be submitted to Meet Management at the packet pick-up area. (**Deadline** is 30 minutes before each race start time). If there are NO CHANGES, the form does NOT need to be completed. Complete the form before leaving the check-in area.
4. At the team area, distribute the bibs with chips to the assigned runners. The bib number must be attached, unaltered, to the front of the uniform top. Make sure your athletes attach the bibs securely before running. **Instruct athletes not to raise their arm to stop watches while crossing the finish line. This action will obstruct timing.**

   NFHS RULE 8-3-3: …A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponder/chips shall be worn, unaltered, for purposes of official timing and place finish.
   PENALTY: A competitor not wearing the assigned contestant number and/or computerized transponders/chips, or altering such items in a manner which interferes with the recording of place finish, is a rule violation resulting in disqualification from the race.

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Here are specific instructions from Meet Management:

- All team setups will be between the baseball field and Carrollton Upper Elementary School.
- There will be no other spaces for team setups.
- No stakes allowed for tent setups. (We highly recommend weights to hold the tents in place)
- The bus dropoff will be adjacent to team setups.
- Trailer parking for teams will be adjacent to team setups.
- Buses and cars will not be allowed to stop on Ben Scott Blvd.
- No pets will be allowed at the event
- No food delivery will be allowed at the event because it is left at the main office.
- No glitter, confetti, powder, etc…

Emergency Action Plan:

Coaches and participants only will evacuate to the CMS gym at the top of the hill.

Meet officials only will evacuate to the Morrow Building across from the finish line.

Spectators will return to their vehicles.

SROs will dispatch to these locations for crowd control and compliance.