



Dear Cross Country Coaches and Athletic Directors-

Both of our offices have received some emails looking for clarification on updated state qualifying guidelines implemented this year and highlighted in our 2023 rules meeting and manual. Below is verbiage from our manual that was created through our Cross Country Advisory Committee:

From each of the class 2A, 3A and 4A state qualifying meets, the first three teams, plus the first 15 individual place winners will qualify for the state meet. The first two teams, plus the first 10 individual place winners will qualify for the state meet from each of the class 1A state qualifying meets. Qualifying teams may substitute and run a different lineup at the state meet.

NEW for 2023: *Minimum of 5 individual state qualifiers advance from each SQM site if current 15 in 2A-4A (10 in 1A) are taken by team state qualifiers.*

****Run max of 7 entries, scoring 5. Must have 5 runners entered & finish to qualify as a team.*

Basically, the adjustment to qualifiers is to simply ensure at least 5 individuals from non-qualifying teams advance from each State Qualifying Meet (SQM) site. This was created to help protect state worthy individual runners that may be at a multi-team loaded SQM site.

For example, if teams A, B, and C advance to state as a team (2A-4A) also make up the entire top 15 individuals, the next 5 individuals from non-qualifying teams' advance. If teams A, B, & C take all but 3 spots, 2 additional individuals from non-qualifying teams will advance to get to 5. This will be the same breakdown for 1A with two teams and ten individual qualifiers.

Best of luck to all programs as you prepare for your SQM for next week. Please do not hesitate to contact either office with any questions leading up to SQM or State Meet.

Sincerely,

Andy Umthun
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