

Cross Country
Individual National Events

WIAA Handbook 17.5.8.E.

A coach, on an annual basis, may coach an individual(s) that has been invited to participate or has qualified for a national event which has been approved by the Association. The number of allowable practices, contests, and students athletes to be involved will be determined by the Association.

Approved Individual National Races:

Girls Championship Race 5K or Boys Championship Race 5K at the NXR Northwest in Boise, Idaho & Nike Cross Nationals in Portland, Oregon.

Seeded Girls or Seeded Boys Race at Foot Locker Cross Country Championships West Regional in Walnut CA, & Footlocker National Championships in San Diego, CA.

*Each of these events hosts multiple races. Only the national qualifying race at these events can be used to apply regulation 17.5.8.

Guidelines:

Coaches are allowed 10 practices with the individuals that have qualified to participate in these races.

Athletes can participate in school uniform.

A waiver request is not necessary to attend and coach at this race. Coaches please work with your school administration for approval.

The WIAA Out-of-Season rules apply to coaches whose athletes are involved in races held in conjunction with national qualifying races. Coaches may not coach athletes that are involved in races held in conjunction with, or at the same site as, a national or national qualifying event.

Please contact Justin Kesterson at 425-988-6155 or jkesterson@wiaa.com if you have any questions.