



2025 State Cross Country Meet
October 25, 2025
Little America
Cheyenne, Wyoming

Meet Directors: Wendy Johnson, Activities Director South High School, 307-274-5795
Jerry Schlabs, Athletic Director, East High School, 307-286-1663
Barry Ward, Athletic Director, Central High School, 307-214-2139

Referee: Chad Whitworth, Assistant WHSAA Commissioner
Starter: John Binning

ENTRY DEADLINE: PLEASE BE ADVISED THAT THE ENTRIES WILL BE MADE ON MILESPLIT WEBSITE IS <https://www.milesplit.com> PLEASE USE THIS SITE TO REGISTER YOUR ATHLETES. The name of the meet will be: WHSAA State Cross Country Championships.

ENTRIES MUST BE RECEIVED BY MONDAY, OCTOBER 20, 2025 by 4:00. Please enter the appropriate grade level for each athlete.

TEAM PICTURES: Please email a color team picture with roster to Wendy Johnson at wendy.johnson@laramie1.org by 12:00 pm on Oct. 10, 2025. It would be great to get these pictures prior, if possible.

PARKING:

- All buses and vans will drop athletes at Little America and park in the remote parking area that will be available (**more details to come**). We ask all busses to please move out of the Little America parking lot on race day, so spectators have areas where they can park.

- Spectators can park at the east and south sides of Little America until the lot is full. Wheelchair handicapped parking will be available at Little America by the Golf Course Clubhouse (limited availability).

CHECK IN: Team packets may be picked up by Coaches on (1-4 PM) Friday, October 24, 2025, at the Little America Clubhouse or at the coaches meeting on Saturday morning. Packets will include course map, programs, contestant number and meet instructions. Please read all the material carefully and pass the information along to all athletes and spectators.

DRESSING ROOMS: Dressing room facilities will not be provided on the course. Teams should dress at their hotel. There will be portable restrooms on the course.

HOSPITALITY: We will be providing lunch and refreshments for coaches, event staff and bus drivers at the Clubhouse at Little America golf course.

COACHES MEETING: There will be a head coaches meeting at 8:45 AM by the hospitality area in the clubhouse at Little America. A review of instructions for coaches and runners concerning (bibs, camera, 30 minutes to appeal) to finish procedures will take place.

STARTING TIMES:

1. 4A Boys- 10:30 a.m.
2. 3A Boys- 11:00 a.m.
3. 2A Boys - 11:30 a.m.
4. 4A Girls- 12:00 p.m.
5. 3A Girls- 12:30 p.m.
6. 2A Girls- 1:00 p.m.

RULES: The rules and regulations governing the State High School Cross Country Championships are found in the National Federation Edition of Track and Field Rules.

COURSE MARKINGS: The course will be marked using flags, cones and paint. It is your responsibility to see that each of your runners know the course. A course video has been sent to all schools.

We will have marshals around the course. You may review the course from 1:00 p.m. until 5:30 p.m. on Friday, October 24th and Saturday, October 25th until 9:30 a.m.

CONTESTANT NUMBERS: Numbers will be provided by Finish Line Timing and are to be worn on the front of the uniform. Do not wrinkle them up, you will damage the chip.

STARTING LINE ASSIGNMENTS: Starting line assignments drawn by a lot will be in your team packet.

COURSE: Each race will be 5,000 meters. Marshals will be throughout the course as well as a trail cart to assist any runner in distress.

Girls Overall Course Record: Ryann Smith Rawlins HS 19:17.8

Boys Overall Course Record: Owen Burnett Mountain View HS 16:11.5

ATHLETIC TRAINING: There will be athletic trainers, on site to assist with your medical needs.

FINISH AND TIMING SYSTEM: Finish Line Timing will be timing the races. We will have the bibs in your coach's packet. Please give the correct bib to the correct person because it is linked to their system.

RESULTS: Will be available at the finish line at the completion of each race at <http://www.whsaa.org> and <http://www.milesplit.com> after the races are completed.

AWARDS: Awards will be presented at the conclusion of the last race at the Awards stand by the clubhouse area at Little America. Awards are provided by the WHSAA.

CONCESSIONS: Limited concessions will be provided by Little America. Location will be 2 spots around the clubhouse.

STATE MEET ORDER OF EVENTS:

Saturday, October 25th:

10:15 AM	Color Guard to Present Colors
10:30 AM	4A Boys Race
11:00 AM	3A Boys Race
11:30 AM	2A Boys Race
12:00 PM	4A Girls Race
12:30 PM	3A Girls Race
1:00 PM	2A Girls Race

Awards Presented following results of last race.

Map of Little America Race Route

Yellow is the starting line; Brown is the finish line.

Blue Star – Clubhouse/concessions/award area

Light blue – Team camp Area

Yellow/Orange Star – Spectator Parking

Bus Parking will be a designated spot on Lincolnway.

