

Dear Cross Country Coaches:

Congratulations on advancing to the State Championships in Jefferson City. I look forward to meeting as many of you as I can this weekend. It appears that the weather is going to be on our side and should make for a great day of competition. With that said it may also be one of the coolest days of competition this year. Make sure that you are in compliance with Rule 9-6 Competitor's Uniform. Some of you may be wearing under garments and need to pay close attention to rule 9-6-4. It will be a day time decision on head gear such as hats and ear muffs.

Our officials who will clerk the race will be very proactive to make sure that all of the runners are in compliance with the rules. If there is a questionable situation, they will bring it to your attention so that we may resolve it before the race.

Once again, Congratulations and best of luck this weekend.

Harvey Richards  
Associate Executive Director  
MSHSAA

## **Rule 9-6-4**

Each team member shall wear the same color and design school uniform. Any visible garments(s) worn under the top and other visible garment(s) worn under the bottom must be unadorned and of a single (and same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that garment(s) must be the same color, but not necessarily the same length