

# CROSS COUNTRY

## General Information

Cross Country meets will be run at various locations. We try to allow our middle and high schools to host their future students. It also allows our elementary students to compete in different venues and courses. In meets where we are not using automatic timing, please have runners prepared with the following:

Each runner will need a nametag that has the following:

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

Please paper clip their nametag to their shirt so that after the race, the chute inspector and scorekeeper can help the students take their nametags off.

## Participation

4th Grade -  $\frac{3}{4}$  Mile

5th Grade - 1 Mile

6th Grade - 1 Mile

7th/8th - 3000M - 3200M (Just under 2 miles)

There will be boys, and girls' races in each grade level and the 7th and 8th graders will be combined races. Awards will be given at the District Championships. Medals will be awarded to 1st – 3rd place, and ribbons will be awarded to 4th - 10th place in each race. A team plaque will be awarded to the team in each grade level that scored the lowest points.

## Rules

- A team will consist of five runners or more.
- A team may have more than five runners for all races except the District Championships, where each team will be allowed ten, but only the top five will count towards the team score.
  - 10 runners for each grade level and gender. (ie. (10) 4<sup>th</sup> boys, (10) 4<sup>th</sup> girls...)
- In case two teams tie with the same team score, the tie will be broken by the team with the highest finishing 6th runner.
- Team scores are totaled by adding up the place each of the five runners crosses the finish line. (i.e. 1, 5, 20, 21, 50 = 97 team score)
- Non-participants (i.e., parents, siblings, coaches) shall not aid a runner in any way (pacing, water, and towels). Verbal encouragement is not considered aid and is encouraged.
- All participants must wear shoes.

## **Officials**

1. The starter and REFEREE will place teams in the proper position on the starting line.
2. They will give needed instructions before the race and start the race. They will make all final decisions concerning questionable points and disqualify any runner for unsportsmanlike conduct or any flagrant violation of the rules.
3. The FINISH JUDGES stand outside the chute and on the finish line to determine the order in which runners enter the chute. Their decision is final.
4. The CHUTE INSPECTORS supervise the runners after they enter the chute and see if they are properly checked to prevent any irregularity in the order of finish. They see that any runner that crosses the finish line is given their proper order as the contestant goes through the chute. Some officials instruct contestants in the chute to place a hand on the shoulder of the runner in front of them to prevent gaps in the line.
5. The TIMER records the time of all runners.
6. The SCORE KEEPER records the following information on the score sheets:
  - Name and school of each finisher corresponding to their place of finish.
  - Record the times of each finisher corresponding to their place of finish.
  - Add the place of each team's first five (5) finishers.
  - The team with the lowest point total will be declared the winner.
7. The COURSE INSPECTORS observe the activity of the runners. If any runner fails to run the proper course or otherwise violates the contest rules, the inspector reports the infraction to the referee.