***2014 Cross Country Guidelines (Draft)***

**Divisions**:  MS (6-8th grade) & HS (9-12th grade).  MS grades can participate on HS teams, but HS cannot run on MS teams.

**Individuals**:  If you do not have enough runners to form a team, they may still compete as individuals.

**Teams**:  You may enter as many runners as you wish, but you must have at least 5 runners and at least 2 must be girls.

**Scoring**:  Cross country scoring is based on overall finishing place (low score wins).  Team score will consist of the sum of the places of 5 runners:  The place of the fastest 2 girls from your school plus the place of the 3 other fastest runners (boy or girl). Each meet is a separate event. There is no cumulative scoring for the season.

**Uniforms**: All runners competing as a team must at least wear the same identifying T-shirt. We will mark all registered runners with a sharpie to record time and place.

**Awards**:  Ribbons to the top five male/female runners in each race.  Team places will be announced.  Trophies to first and second place teams (championship meet only)

**Race Distances**:  Middle school runs a 3K race (1.86 miles), and High school runs a 5K race (3.1 miles).

**Meets**:  There will be 6 meets:  13, 20, 27 Sep, 4, 18 Oct, with the Championship meet either 25 Oct or 1 Nov. (See attached schedule for locations) **PLEASE** notify me at least the night before if you are not participating in a meet so we don’t wait for you to show up and register.

**Championship Meet:** A runner must run at least one of the previous 5 meets in order to be eligible to run in the championship meet.

**Meet Responsibility: We would like all meets this year to be invitational meets. That is, a school or group of schools hosts the meet. We are more than willing to train you and your volunteers in how to organize and run a meet. You need to plan for about a dozen and a half volunteers to successfully run a meet.**

**Athlete and Parent Behavior:** Is covered by the ACSL handbook. Any runner interfering with another runner may be disqualified from the meet. The XC Sports Director will make that decision at meets. Repeat offenders may face suspension, subject to the ACSL board.