

CROSS COUNTRY

1. FORMAT OF COMPETITION

- 1.1.** There is only one division comprised of all schools in the PAL.

2. RULES

- 2.1.** Except as modified by these bylaws the current edition of the National Federation of State High School Athletic Associations shall govern scoring.

3. NUMBER OF CONTESTS

- 3.1.** There shall be a maximum total of thirteen (13), including dual, multi-way, and invitational meets. League finals, and post league meets will not count against this total.

4. STARTING DATES

- 4.1.** Starting practice dates shall be determined by the CCS.

5. DEFINITION OF PRACTICE

- 5.1.** See PAL Bylaws, Article IV, Section 2.
- 5.2.** The following practice rules will be observed by cross country runners in all league schools. Coaches are responsible for reviewing practice rules with all team members. Rules are to be posted.
 - 5.2.1.** Check with the coach for course assignment.
 - 5.2.2.** Never run alone.
 - 5.2.3.** Obey all traffic signals and pedestrian rules.
 - 5.2.4.** Stay on sidewalks or to the side of the road.
 - 5.2.5.** Check with coach upon your return.
 - 5.2.6.** Report all injuries immediately to your coach.
 - 5.2.7.** Do not run in areas not designated by your coach.
 - 5.2.8.** Remember you are representing your high school, not yourself.
 - 5.2.9.** Stay off private property.
 - 5.2.10.** Stay out of the downtown areas, shopping centers, and construction areas.
 - 5.2.11.** Off-limit areas are to be determined by the individual schools.
 - 5.2.12.** Use good common sense.

6. STARTING TIME FOR CONTESTS

- 6.1.** Afternoon meets should begin no later than 3:00pm unless otherwise noted and authorized by the Board of Managers or the principals involved.
- 6.2.** By mutual consent of principals, place or time of meets may be changed.
 - 6.2.1.** If the principals involved can reach no mutual agreement on changing of game time and/or sites, schedule stands as approved.

7. CHAMPIONSHIPS AND LEAGUE STANDINGS

7.1. The league schedule will be comprised of three separate meets, one in September, two in October plus the PAL Finals meet in November.

7.1.1. The meets will be divided into five divisions; Boys Varsity, Girls Varsity, Boys F/S, Boys Open, and Girls Open. Races will be run in that order in Meets #1, #2, and #3.

7.1.2. The PAL Finals meet will add a Girls F/S race.

7.2. The league championship for Varsity will be determined by a combined point total from all four league meets. Meet #1, #2, and #3 will be scored in the regular manner. Meet #4, the traditional championship meet, will count double the point system used in the first three meets (20%-20%-20%-40%).

7.2.1. Division championships, other than Varsity, will be decided by the team placement at the league championship meet, Meet #4.

8. TIE LEAGUE STANDINGS

8.1. The higher finishing team in the championship meet shall hold the tie breaker.

9. POST SEASON MEETS

9.1. Neither pre-nor post-season meets shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers. These meets also need CCS/CIF approval.

9.2. PAL Finals: Only seven (7) runners may be entered in the Varsity competition. Unlimited for all other Divisions.

9.2.1. An athlete is limited to running in one division.

9.2.2. All cross-country team members must wear school-issued or school-approved uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform that members are from the same team.

9.2.3. Order of Races at the Championships:

9.2.3.1. Varsity Boys

9.2.3.2. Varsity Girls

9.2.3.3. FS Boys

9.2.3.4. FS Girls

9.2.3.5. Open Boys

9.2.3.6. Open Girls

9.2.4. Order of races by gender will alternate each year. Odd numbered years will start with the boys' varsity race and even numbered years will start with the girls' varsity race.

9.2.5. Sites: Crystal Springs Course in Belmont. Start at 10:00am last race at 12:30pm. Order may be subject to weather conditions in accordance with meet committee (coaches).

9.2.6. All schools will be considered co-meet directors and share in the responsibilities of running the meet when practical

9.3. Qualifying from League to Section

9.3.1. The top half (rounding up) of the complete (5 person) teams on the starting line and competing in their respective final league event which qualifies athletes to the CCS Meet at the Varsity level shall advance to the Section Meet.

9.3.2. The highest placed non-qualifying team running in a division not represented by a qualifying team, will advance to the section meet.

9.3.3. If a team does not automatically qualify for the Section Meet at its final league event which qualifies athletes to the CCS Meet at the Varsity level, it will qualify as an At-Large Entry if it meets the following condition:

9.3.3.1. The combined time for a team's top five (5) runners (team time) at its final league event which qualifies athletes to the CCS Meet at the Varsity level is less than the average of the median team time for 1997 and subsequent years at the Section Meet for the Division in which the team competes.

9.3.4. The top six (6) individuals in the league final event who are not members of qualifying Teams will advance to the Section.

9.3.5. If an individual does not automatically qualify for one of the league Individual Qualifiers, but meets the following conditions, they may advance to the Section Meet as an At-Large Entry on time:

9.3.5.1. An individual's time at his/her final league event which qualifies for athletes to the CCS Meet at the varsity level is less than the average of the median individual time for 1997 and subsequent years at the Section Meet for the Division in which the individual competes.

9.4. Qualifying from Section to State

9.4.1. Each division qualifies at least 2 teams to the State Meet based on the annual CIF-issued qualifications per Division.

9.4.2. A maximum of five (5) individuals, per criteria in each division, will qualify from Section to State meet finals as follows: if the division has 2 automatic qualifiers, the five must finish in the top 12. If the division has 3 automatic qualifiers, the five must finish in the top 14 and if the division has 4 automatic qualifiers, the five must finish in the top 16.

10. ALL-LEAGUE SELECTION PROCEDURE

10.1. The top fifteen placers in the PAL Varsity Finals or the top 15 placers in any two PAL meets will be awarded all-league PAL status.

11. AWARDS

11.1. Authorized Peninsula Athletic League awards include: Certificates and medals recognizing "all-league", to be made available by the Peninsula Athletic League Commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

12. SPECIAL RULINGS

12.1. Hosting home meets:

12.1.1. Host should provide course map/directions. Host course shall be properly marked and defined.

12.1.2. Host should provide essential timing and scoring personnel plus required equipment.

12.1.3. Host shall provide scoring results.

12.1.4. Cross country is an “open” roster sport. Athletes may move between divisions from meet to meet. Seniors are eligible for JV competition at PAL competitions.

12.1.5. Schools will rotate the responsibility of maintaining the gate at the PAL finals.

The PAL charges admission to the Championship Finals.

School	Year
Aragon	2022
Burlingame	2023
Capuchino	2024
Carlmont	2025
El Camino	2026
Half Moon Bay	2027
Hillsdale	2028
Jefferson	2029
Menlo-Atherton	2030
Mills	2031
Oceana	2032
San Mateo	2033
Sequoia	2034
South San Francisco	2035
Terra Nova	2036
Westmoor	2037
Woodside	2038

12.1.6. The school responsible for the gate at each year’s meet shall provide resources for both gates to the course. The next year’s gate school shall verify that each coach has in their possession a well-equipped medical kit and medical emergency/permission to treat card for each athlete. Each coach shall sign a statement attesting to the above.

12.1.6.1. A team that does not have a medical kit and medical emergency/ permission to treat cards for each athlete will not be allowed to compete. No exceptions.

12.1.7. Tasks and Assignment for PAL Championships

Revised August 15, 2022

<i>Task</i>	<i>Note</i>	<i>Responsible Party</i>
Set up on athletic net	Cross Country Chairperson	
Bib numbers	XC Chairpersons to order	
Starter	Host School to hire	
Starter's assistant		
Referee	Starter can do this	
Timer	Host School to hire	
Jury of Appeals	Defined at Pre-Season Meeting	
Communications/ Race Day Meet Boss	Host	
Gate	See section 12.2.5	
Check In	Verify coaches have hard copies of Student Emergency Cards (Crystal Springs Only)	Host School
Announcer		
Awards	Order, pick up. distribute	
Results Posting		
Roving first aid person		
Trail bikers (2)		
Chute duties (4 per race)	<ol style="list-style-type: none"> 1. Finish Line Judge 2. Chute placement/order 3. Chute pusher 4. Tag taker 	
Timing help (3)	Can be students	
Trash sweeper	End of meet at Crystal Springs	

13. SPORTS CHAIRPERSONS

13.1. The cross country chairpersons shall serve for a minimum of two (2) years.

13.2. The duties of the chairpersons:

13.2.1. Shall notify the commissioner of all sport committee meetings.

13.2.2. Shall call a meeting of all the league cross country coaches prior to the beginning of the season

to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season.

13.2.3. Shall call a meeting of all league cross country coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.

13.2.4. Shall represent their division on the CCS Cross Country Committee.