

SECTION 403

Cross Country Boys and Girls

1. There is one (1) classification for boys: 7 & 8 combined.
There is one (1) classification for girls: 7 & 8 combined.
2. CVAL league cross-country meets shall begin at 3:30 pm. If start time is different, the host AD must notify the participating teams in advance.
3. All classifications may compete in practice, league, and invitational meets.
4. The Distance for the league meet will be **3,000 meters** for both boys and girls.
5. Unlimited runners will be allowed in each race.
6. All entrees in the CVAL Championship meet must have represented their school in two (2) meets prior to entering the Championship meet. Qualifying meets may be CVAL and/or Invitational meets.
7. Scoring shall be as shown in the following table:

First	1
Second	2
Third	3
Fourth	4
Fifth	5
Sixth	6
ETC...	
8. The order of finish of all runners will determine individual award winners.
9. The finish places of the first five runners from each team (girls and boys) will be added to determine team scores. Two (2) runners from each team will displace. The lowest total score is the winning team, unless tied, and then the 6th place runner breaks the tie.
10. Responsibility breakdown CVAL Cross Country meets.
 - a. Course marked: Chalked, flags, team boxes, and etc.
 - b. Chutes set up (and down) and control of same
 - c. Team scoring and results (cards, clips, and etc)
 - d. Chute control (4 people)
 - e. Finish timers and recorders
 - f. Awards (ordering and presenting)
 - g. Starter, finish line control, and placing
 - h. Course set up and marked and meet paper work
 - i. Typing results and running off results

All coaches should read and follow the rules as outlined for cross-country under Rule 12 of the National Alliance Edition of the Track and Field Rules and Records. These rules include:
Section I Course

Section 2 Team
Section 3 Scoring

11. Each team will provide their own team name tags. Results should be sent out by the Monday following the meet
12. All cross country courses should be free from obstacles or hazards that may cause injury to the competing athletes (fences, rocks, slippery areas, etc.)
13. There shall be no turn more than 30 degrees in the first quarter mile of the course.
14. The course is to be clearly marked.
15. The meet director may provide ropes or flags for crowd control at least 100' in front of the finish line.
16. There shall be at least 100 yards of straightaway at the finish of the race ending with a rope tunnel with a mouth 15 feet wide.
17. All coaches must report to the starting line 10 minutes prior to the start of each race for box assignments.
18. The finish chute(s) should be 30 inches wide and should be a total of 100 yards long.
19. The CVALChampionship will be determined at the CVAL championship meet. Dual meet criteria applies to the League Meet. Top 10 runners will receive medals. See General Rules. A timing system is required.
20. All cross country athletes will follow NFHS rules concerning jewelry, head bands, earrings etc.
21. A map of the course should be submitted to the league at least a day prior to the event.
22. Meet results must be sent to all league representatives and/or uploaded into the league folder.

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