

## **Policy 5140 CROSS COUNTRY (Boys/Girls)**

Approved 5/11/11, 2/20/13, Updated 8/5/13

### **I. Scheduling**

\*Teams may play a single round-robin schedule. Matches may be duals, tri-meets, jamborees, or any combination as decided by each division.

\*Home sites will rotate each year.

\*If a divisional post season meet is conducted, the meet will be hosted by each school on an annual rotating schedule.

\*Each division may hold a pre-season jamboree that may be scored but the results may or may not count toward the division championship as determined by that division.

\*Each division (Blue, Red, Gold, and White) may hold a season-ending division meet.

### **II. Division Championship Determination**

#### **\*Dual Meet Format**

\*Teams will receive two points for a win and zero points for a loss. Regular season championship will count one-half toward the overall championship.

\*League Meet will count one-half toward the overall championship.

#### **\*Jamboree Format**

\*Each division will determine the number of jamborees that will be run and scored.

\*Each Jamboree will be scored separately.

\*The winner of each Jamboree will receive the number of points equivalent to the number of teams that competed for the championship (i.e. six team league: 1<sup>st</sup> place receives 6 points, 2<sup>nd</sup> place receives 5 points, 3<sup>rd</sup> place receives 4 points and so on).

\*Combine the points from all jamborees to determine the champion.

### **III. Start Time**

\*Blue: Regular season meets will start at 4:30 p.m.

\*Red Gold and White: Regular season meets will start at 5:00 p.m.

### **IV. Pre-Game and Warm-Up**

\*The course is to be available sixty-minutes prior to the start of the race.

## V. Rules of the Game

- \*All MHSAA and National Federation rules will be followed.
- \*Division tri-meets will be scored as double duals.
- \*All jamborees and divisional meets will set up an appeals committee prior to the start of the contest consisting of the game manager, one boy's coach, and one girl's coach.

## VI. Regular Season Meet Format

- \*Each division will determine the scheduling format for the regular season competition.
- \*Girls will run first in odd numbered years, and boys will run first in even numbered years.

## VII. Host School Responsibilities

- \*Provide registered MHSAA officials.
- \*Water and ice for both teams.
- \*Bathroom facilities for the visiting team.
- \*Certified athletic trainer or doctor (if possible).
- \*Visiting teams are expected to provide its own athletic training tape.
- \*Provide a safe 5000 meter course that meets MHSAA requirements:

Marked at 1600 and 3200 meters.

Starting area:

- \*A visible curved start line will be used.
- \*Provide boxes 6'-8' wide on starting line, 5'-8' deep.
  - Three to five runners at the start line.
  - Remaining runners in second row/third row.
- \*Start line should be 2" wide.
- \*On level ground.

It is recommended that whenever possible there shall be no turns in the first 200 or last 200 meters. By NFHS requirements all courses must have a 150 meters straightaway at the end of the course.

Properly marked course:

- \*color coded flags,
- \*clearly marked starting line
- \*lines on the ground
- \*clearly marked and flagged finish line
- \*finish chute

- \*Provide each team with maps of the course and directions to the site in advance.

## **VIII. Make-Up Dates**

- \*Postponed dates will be made up on the next available date.
- \*Division games take precedence over non-division games.

## **IX. Report Scores**

It is the home team's responsibility to report all scores after a contest.  
*Jackson Citizen Patriot* (877-270-9533)  
Email [rmcgowan@mlive.com](mailto:rmcgowan@mlive.com) or ehammis@mlive.com  
*Lansing State Journal* (800-365-1068)  
Email sports@lsj.com

## **X. Division Meet**

- \*The host school is responsible for making sure the course is suitable for an event of this size. It may be on the school home course (if that course meets the course specifications listed in the game sheet.)
- \*The host school is responsible for making sure the course is properly marked and flagged.
- \*It is recommended that the host school hire a third party timer.
- \*If the meet is run on Friday, the first varsity race will be run at 4:00 p.m.
- \*If the meet is run on Saturday, the first varsity race will be run at 10:00 a.m.
- \*The JV race will follow the second varsity race.
- \*Each team may enter up to seven entries in the varsity race.
- \*Entries are unlimited in the JV race.
- \*The Division Meet will be hosted by each school on an annual rotating schedule.
- \*The final divisional meet or Final Jamboree will be run during the week prior to Regional.
- \*Schools will provide a list of seniors for post race recognition.
- \*Ties between teams in final standings will not be broken.