REGION V CROSS COUNTRY

Refer to Tournament General Information and Region V Policy for necessary information not included below.

INFORMATIONAL LETTERS
→ Sent to principal, Activities Director and Coaches of each Region V school.
→ Letter #2: Should be sent out 2-3 weeks prior to the meet Date. In addition to all relevant information also include a detailed map of the course, and other information deemed pertinent by the meet director (i.e. location of restrooms, transportation to and from course, etc.)

PARTICIPANTS
→ All member schools of Region V may compete.
→ No school shall enter more than seven competitors in any race at the Region V Championship meet.

COACHES MEETING
→ Any changes to team participants shall be declared.
→ Participant's numbers shall be assigned.
→ The course shall be reviewed.
→ Lane assignments shall be determined by random draw.

OFFICIALS:
→ Only adults shall be allowed to officiate in a championship cross-country meet.
→ Per NFHS rules, the following officials should be present at a championship cross country meet. Check NFHS Rule Book for complete responsibilities of each official.
 • Games Committee: Administrator from host school, 1A, 2A, 3A &, 4A representative
 • Meet Director: Establish course and provide necessary meet facilities.
 • Referee: Makes final decisions not specifically designated to other officials and shall disqualify any runner for violation of the rules.
 • Starter: The command shall be "On Your Marks." When all competitors are steady, the starting device shall be fired. When conditions dictate, a whistle may be used along with the starting device.
 • Clerk of the Course: The clerk shall place the teams in proper position on the starting line and give all needed instructions.
 • Chute Director: The chute director shall:
   a) Supervise the finish chute during the race finish
   b) Assign stand-ins (fillers) to replace any runner who cannot continue through the chute after crossing the finish line.
   c) Assign marshals to keep the chute area free of any unauthorized individuals.
   d) Be certain that chute umpires, callers, checkers and timers are in place when the runners finish the race.
 • Finish Judges: Determine the order in which competitors enter the chute.
 • Chute Umpires: Chute umpires assure that all competitors who cross the finish line are kept in their proper order as they progress through the chute.
 • Caller: The caller calls the number (or collects the number) of each competitor in the order of his/her proper place in the chute.
 • Checker: The checkers keep a record of the competitors and their order of finish as announced by the caller.

• Course Umpires: Course umpires observe the activity of the competitors. If any competitor fails to run the proper course or otherwise violates the rules, the umpires report the infraction to the referee.

• Timers: The timers record the times of the competitors who finish.

• Marshals: The marshals shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.

- Official requirements for safety

• A biker leading the race

• A biker sweeping the course

• Finish line officials should be in communication with on-course officials via cell-phone, or radios

COURSE COMPOSITION

→ The distance run shall be 5 kilometers.

→ The course shall be clearly marked (directional arrows, signs, flags, etc.) ideally 6 feet above the ground and visible for 100 feet.

→ The course should be at least 3 feet wide at its narrowest place.

→ The start and finish should be near each other.

→ The course should be pre-approved by the games committee and coaches to eliminate confusion.

→ The starter should have a starters pistol.

TRANSPORTATION

→ Transportation to and from the competition site from the high school should be provided.

TEAM SCORING

→ In order to compete as a team and accumulate a score, schools must have a minimum of five contestants. No more than seven contestants shall be allowed from any one school on any team.

→ Scoring shall be conducted as follows: All competitors who finish the race shall be ranked and tallied according to their finish place. (One point for first, two for second, etc.). Individual runners from incomplete teams (those with fewer than five competitors) are disregarded when assigning places for team scoring. Team scores shall then be determined by totaling the points scored by the first five runners of each team. The team which scores the smallest number of points is the winner. In case of a tie, the team with the best sixth-place finisher shall be the winner.

RESULTS

→ Referee approved individual and team results shall be completed and published in a timely manner.

→ If computer generated scoring is utilized, an individual experienced with use of the specific software being used should be available.

→ Team and individual results must be sent to ASAA by Sunday morning

AWARDS

→ All-academic certificates – senior with a G.P.A. equal to or exceeding 3.0

→ Individual Awards – medals

→ 1st – 15th Girls Division III   1st – 15th Boys Division III
    1st – 10th Girls Division II   1st – 10th Boys Division II
    1st – 12th Girls Division I   1st – 12th Boys Division I

→ Team Awards – medals
    7 – 1st place Girls Division III   7 – 1st place Boys Division III
    7 – 1st place Girls Division II   7 – 1st place Boys Division II
    7 – 1st place Girls Division I   7 – 1st place Boys Division I

→ Team Awards – Trophies
    1st Girls Division III   1st Boys Division III
    Runner-up Girls Division III   Runner-up Boys Division III
    1st Girls Division II   1st Boys Division II
    1st Girls Division I   1st Boys Division I

→ Sportsmanship Trophy – see criteria in tournament handbook general info

SCORING EQUIPMENT
→ Contestant numbers
→ Timing Device (Stopwatch or clock)
→ Timer sheets
→ Finish cards (optional)

TOURNAMENT ORGANIZATION
→ Sample Schedule of Events – order will follow state meet for that year
    10:00 a.m. Coaches Meeting
    12:00pm Boys Division III
    12:45pm Girls Division III
    1:30pm Boys Division II
    2:15pm Girls Division II
    3:00pm Boys Division I
    3:45pm Girls Division I
    5:00pm Awards Ceremony

    Even Year Schedule:
    Division III Girls, Division III Boys
    Division II Girls, Division I Girls
    Division II Boys, Division I Boys

    Odd Year Schedule:
    Division III Boys, Division III Girls
    Division II Boys, Division I Boys
    Division II Girls, Division I Girls

ADDITIONAL CONSIDERATIONS
→ Contact police to control traffic if roads will be used for the competition.
→ Restroom facilities should be present (as well as unlocked and adequately stocked) at meet site.
→ Contact Forest Service or other agencies to open gates, unlock restrooms, etc, if needed.
→ A visible first aid area with emergency medical personnel should be on site near the finish.
→ Assign a finish line official to establish that all runners that started a race have finished or are accounted for by an on-course official