

SOUTHWEST SUBURBAN CONFERENCE: Girls' Cross Country: Sport Guidelines

I. Season Limitations

- A. First practice may begin on Wednesday, August 12, 2009
- B. First contest may be held on Monday, August 31, 2009
- C. Season ends on Saturday, November 7, 2009

II. Contest Limitations (Exclusive of the IHSA State Series)

- A. Varsity, Sophomore
- B. Team = fifteen (15) dates
- C. Individual = eighteen (18) dates

III. Levels of Competition

- A. Varsity - limited to seven (7) competitors
- B. Sophomore - limited to seven (7) competitors

IV. Coaches' Meeting

- A. Pre-Season will be held on Wednesday, August 19, 2009 at Lincoln-Way West High School at 7:00 pm. as a part of the SWSC Fall Mega-meeting.
- B. Post-Season will be held on Monday, October 19, 2009 at Homewood-Flossmoor High School at 7:00 pm.

V. Championships and Awards

- A. Team Awards
 1. A championship trophy shall be awarded to the winner at the Varsity level of each Division.
 2. An engraved plate will be awarded to the winner at the Sophomore level of each Division.
- B. Individual Awards
 1. Varsity top **sixteen(16) in the red division/fourteen(14) in the blue division** finishers will receive medals on neck drapes and will be declared All-Conference.
 2. Awards will be given to the top **sixteen(16) in the red division/fourteen(14) in the blue division** finishers in the sophomore level race.

VI. Terms of Contests

- A. In place of regular season meets, each division will conduct a pre-season race at the site of the SWSC division conference race. No dual or triangular meets will be scheduled by the conference.
- B. The host school shall provide a map of the course to the visiting school.
- C. The host school shall provide an appropriately marked course with a chute.
- D. A scorer and timer shall be provided by the host team.
- E. The Varsity and Sophomore boy's races will be between 2.75 and 3.1 miles in distance.
- F. At the conclusion of the meet, the host school will send the results of the meet to the newspapers.
- G. IHSA rules for Cross Country will be used in scoring and in the tie breaking process. The sixth (6th) runner will determine the winner in the event of a tie.

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- H. The order of events will be:
 - 1. Sophomore girls (unlimited entries)
 - 2. Sophomore boys (unlimited entries)
 - 3. Varsity girls (unlimited entries)
 - 4. Varsity boys (unlimited entries)
- I. If a team arrives late to a competition, they will have no more than fifteen (15) minutes or less by mutual agreement of the coaches before competition begins. Common sense should prevail in all situations.
- J. Conference Meet
 - 1. Beginning in 2008, the conference meet will run both divisions at the same time and then scored separately.
 - 2. The Athletic Director of the host school shall hire a neutral head starter/referee. Helpers or assistants are the responsibility of the host school.
 - 3. Races will be run every thirty (30) minutes.
 - 4. Varsity and Sophomore levels of competition will be run at the Division meet.
 - 5. The order of events for the Divisional Conference Championship Meets will be:
 - a. Sophomore girls (maximum of 7 competitors)
 - b. Sophomore boys (maximum of 7 competitors)
 - c. Varsity girls (maximum of 7 competitors)
 - d. Varsity boys (maximum of 7 competitors)
 - e. Coed open (unlimited competitors)
 - 6. If a team does not finish five (5) runners in a race, that team will not be included in the team scoring.
 - 7. If a school does not have enough competitors to compete in a race, an individual from that school may compete and is eligible for an individual award.
 - 8. It is recommended for each Divisional meet that a games committee be appointed. Rule three (3), Section two (2) of the National Federation Cross Country Rules Book should be adhered to.

VII. Officials

- A. At SWSC Dual, Triangular and Quadrangular contests, officials are not required. However, questions of procedures or inquiry are legitimate reasons for mutual direction by coaches.
- B. It is the responsibility of the Division Championship Meet host school to contract meet officials.

VIII. Reporting Results

- A. Host schools of SWSC dual, triangular and quadrangular contests are to report their scores to the newspapers immediately following their competition.
- B. Host schools of SWSC Division Meet should report their scores and individual results to the newspapers immediately after the competition and to the Resource Athletic Director and the Historian the Monday after the meet.

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IX. Miscellaneous Information

Sites:

Andrew - Turtlehead Lake
Bolingbrook – DuPage River Park
Bradley- Bourbonnais – Davis Creek Recreational Area
Carl Sandburg - Turtlehead Lake
Homewood- Flossmoor - campus
Joliet Township – Channahon Park
Lincoln-Way East – Mokena Park
Lincoln-Way Central – campus
Lincoln-Way North – TBD
Lincoln-Way West – TBD
Lockport Township – Dellwood Park
Stagg - Bullfrog Lake
Thornton – TBD
Thornwood – TBD
Thornridge - TBD