

CROSS COUNTRY GUIDELINES

SECTION I. SEASON LIMITATIONS

- A. Opening Date - Determined by IHSA
- B. Length of Season - Ends with State Final Meet

SECTION II. SCHEDULE

- A. Number of contests and method - Non-conference contests shall follow IHSA guidelines
- B. Conference championship only.
- C. The conference chairperson will create a conference schedule.
Teams shall follow the conference schedules. Schools do not have the option of not showing or not bringing athletes to run at scheduled Tuesday meets. Team shall have representation at every level possible depending on number of athletes available.

SECTION III. CHAMPIONSHIP DETERMINATION

Determined by finish in Conference championship meet.

SECTION IV. CONFERENCE TOURNAMENT MEET

- A. Date - Meet shall be held prior to the start of IHSA series. Time and place to be determined by the athletic directors.
- B. Entries - levels of competition:
Boys and Girls - in the varsity Conference championship meets, seven may run. There shall be competition on the boys' and girls' freshman/sophomore, open, and varsity levels, but a Conference championship shall be recognized only on the varsity level. "In order to enter any runners in the open race, a school must enter a full team (at least five) in the varsity division. The boys and girls open, freshman/sophomore boys' and girls' race shall have no limitation of entries. The races for freshman/sophomore boys' and girls', girls' open, and varsity girls shall be as close to 3.0 miles as possible; and the races for varsity boys and boys'; open shall be as close to three miles as possible.
- C. Order of events at Conference meets: (Alternates every other year)
 - 9:00 a.m. Girls' Open
 - 9:30 a.m. Boys F/S
 - 10:00 a.m. Girls F/S
 - 10:30 a.m. Boys' Varsity (Seven max.)
 - 11:00 a.m. Girls' Varsity (Seven max.)
 - 11:30 a.m. Boys' Open
- D. Rules Committee - made up of each head coach.
- E. Playing schedules - not applicable.
- F. Scoring - shall follow IHSA guidelines.
- G. Individual medals are to be awarded for the first 15 finishers in the varsity Conference championship meet.
 - 1st - Golden Glo
 - 2nd - White Glo

3rd - Green Glo

4th - Bronze Glo

5th - Red Glo

6th through 15th - Appropriate colors that do not duplicate those is 1st through 5th.

Ribbons will be awarded to the first 16th through 24th finishers in varsity competitions. Ribbons will be awarded to the first 24 places in the open races, fresh/soph competitions

- H. Equipment - the host school shall provide the necessary course equipment to run the meet according the National Federation and IHSA rules.
- I. Officials - the host school provides referee, starter, and other needed personnel.
- J. Rescheduling, if necessary - the host school has the responsibility.
- K. Rules to be followed - IHSA regional rules apply.
- L. Additional rules and procedures - not applicable
- M. No teams scores in open races.
- N. Each school will provide two workers for the conference meet.
- O. An open finish line shall be used like the IHSA state events. Finish would be 15 to 25 feet across allowing more room to finish.

SECTION V. COACHES' MEETINGS

- A. Chairperson - shall be a designated Athletic Director
- B. There shall be a coach's pre-season meeting. A post-season meeting will be held. At the request of three head varsity coaches to the Conference chairperson, a special meeting may be called.

SECTION VI. SPECTATOR CONTROL

Responsibility of the host school

SECTION VII. SCOUTING, MOVIES, SPOTTING, REPORTING SCORES, FILM EXCHANGE

Not applicable