

# **WEST SUBURBAN CONFERENCE: Girls' Cross Country: Sport Guidelines**

Revised 12/15/2009

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## **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, Junior Varsity, Sophomore, Freshman:
  - 1. Team = fifteen (15) dates
  - 2. Individual = eighteen (18) dates

## **III. Levels of Competition**

- A. Varsity - limited to seven (7) competitors
- B. Junior Varsity - unlimited competitors
- C. Sophomore - unlimited competitors
- D. Freshman - unlimited competitors

## **IV. Coaches' Meeting**

- A. Pre-Season will be held on Wednesday, August 19, 2009, at Lyons Township, South Campus, at 6:00 pm.
- B. Post-Season will be held on Wednesday, October 14, 2009, at Lyons Township, South Campus, time 7:00 pm.

## **V. Championships and Awards**

- A. Division Standings
  - 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
  - 2. The Division Champion will be determined by points awarded during the dual meet season and the Divisional Championship Meet. Each portion will count equally toward the total possible points to be earned. One (1) point will be awarded for each dual meet win during the regular season. In case of a tie at a dual meet, a 1/2 point will be awarded to each team. Divisional Championship Meet points will be awarded according to the team's place in that meet. Points for each place will be determined by the following formula:
    - 1st place points - Total teams competing in this sport minus one.
    - 2nd place points - Total teams competing in this sport minus two.
    - 3rd place points - Total teams competing in this sport minus three.
    - 4th place points - Total teams competing in this sport minus four.
    - Etc.
    - Example: 7 team division; dual meet record 5-1 and 1st place finish in Championship Meet would equal 5 points for dual meet wins and 6 points for finishing first (7 teams minus 1 = 6 points), total points would be 11; a team with a 6-0 record and a 2nd place finish would have 6

points for the dual meets and 5 points for 2nd place, total points would also be 11.

3. If two (2) or more teams are tied for a place in the Divisional Championship Meet, the points awarded to each team will be determined by adding the points for the places tied and dividing that value by the number of teams tied. For Example, if three (3) teams were tied for 2nd place, add the 2nd place points (5 points), plus 3rd place points (4 points), plus 4th place points (3 points). Divide that total (12 points) by three (3 teams) equals four (4 points) awarded to each team.
4. In case of a tie for first place, there will be co-champion.

#### B. Individual Awards

1. Varsity top sixteen (16) finishers will receive medals and will be declared "Medalists".
2. Ribbons will be given to the top sixteen (16) finishers in all lower level races.
3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the sixth (6th) semester.

### VI. Conduct of Contests

#### A. Dual and Triangular Meets

1. All races are to be run unless, prior to the start of the meet, all participating Varsity coaches unanimously agree to not run a lower level race.
2. The host school shall provide a map of the course to the visiting school.
3. The host school shall provide an appropriately marked course with a chute.
4. A scorer and timer shall be provided by the host team.
5. Due to Divisional schools using common sites, each Division will run on different days of the week.
6. The Varsity, Junior Varsity, and Sophomore girl's races will be between 2.75 and 3.1 miles in distance. The freshman race will be between 1.75 and 2.25 miles, unless coaches agree to a different distance.
7. At the conclusion of the meet, the host school will send the results of the meet to the Resource Athletic Director. The Resource Athletic Director will compile the results and send out the same on a weekly basis.
8. National Federation 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.
9. All schools in the West Suburban Conference have the option to run at split sites by mutual consent of competing schools.
10. When the boys and girls run at the same site:
  - a. The order of events will be:
    - Sophomore girls
    - Sophomore boys
    - Varsity girls
    - Varsity boys
    - Freshman girls
    - Freshman boys
    - Junior Varsity girls
    - Junior Varsity boys
  - b. By mutual unanimous consent of all Varsity coaches, the order of races may be changed.
11. When the girls run at a different site from the boys:

- a. The order of events will be:
      - Sophomore girls
      - Varsity girls
      - Freshman girls
      - Junior Varsity girls
    - b. By mutual unanimous consent of all Varsity coaches, the order of races may be changed.
  12. If a school does not have enough competitors to compete as a team, the Athletic Directors of the competing schools shall be notified and the decision to compete will be made by the respective Athletic Directors. A win will be awarded to the team(s) receiving the forfeit.
  13. If a team arrives late to a competition, they will have no more than thirty (30) minutes or a lesser amount by mutual agreement of the coaches before competition begins. Common sense should prevail in all situations.
- B. Division Meet**
1. The Athletic Director of the host school shall hire a neutral head starter/referee. Helpers or assistants are the responsibility of the host school.
  2. Races will be run every thirty (30) minutes. A five (5) minute horn will sound prior to the start of each race.
  3. All levels of competition will be run at the Division meet (Varsity, Junior Varsity, Sophomore, and Freshman).
  4. The order of events for the Divisional Conference Championship Meets will be:
    - Freshman girls (unlimited competitors)
    - Freshman boys (unlimited competitors)
    - Sophomore girls (unlimited competitors)
    - Sophomore boys (unlimited competitors)
    - Varsity girls (maximum of 7 competitors)
    - Varsity boys (maximum of 7 competitors)
    - Junior Varsity girls (unlimited competitors)
    - Junior Varsity boys (unlimited competitors)
  5. If a team does not finish five (5) runners in a race, that team will not be included in the team scoring.
  6. 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.
  7. 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.
  8. The Varsity, Junior Varsity, and Sophomore girl's races will be between 2.75 and 3.1 miles in distance. The freshman race will be between 1.75 and 2.25 miles, unless coaches agree to a different distance.

## **VII. Officials**

- A. At WSC Dual and Triangular contest, 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 WSC dual and triangular contests are to report their scores to the Resource Athletic Director immediately following their competition. The Resource Athletic

Director will use this information to complete the final Division standings so that all teams are aware of their point status prior to the Division Meet. Upon completion of the Division Meets, the Resource Athletic Director will tabulate the results and award the Division Championship as determined by the points earned in both the dual meet season and the Division Meet.

## **IX. Miscellaneous Information**

### **A. Playing Sites**

- a. Addison Trail – Wood Dale Forest Preserve
- b. Downers Grove North - Green Valley Forest Preserve
- c. Downers Grove South - O'Brien Park
- d. Glenbard West – Camera Park
- e. Hinsdale Central - KLM Park
- f. Hinsdale South - KLM Park
- g. Leyden - Centerpoint Facility
- h. Lyons Twp. - South Campus
- i. Morton – West Campus
- j. Oak Park-River Forest - Schiller Woods
- k. Proviso East - North Field
- l. Proviso West - School
- m. Willowbrook - Jim Tyree Park
- n. York - East End Park