

CROSS-COUNTRY RULES

1. The season meet limit is seven (7).
2. The starting date will be determined by our league and attached to the master schedule.
3. There will be no more than two (2) meets per week, per individual.
4. There shall be at least a 36-hour interval between meets.
5. Classifications will be:
 - Boys Varsity & Boys "B" team
 - Girls Varsity & Girls "B" team
6. The distance for all races is 2 miles.
7. All meets start at 4:00 p.m.
The league guidelines allow the meet director to delay the starting time of the meet a maximum of fifteen (15) minutes for a team that has not arrived, especially if darkness may become a factor.
8. Scoring:
 - Boys Varsity - The top 5 participants from each team
 - Boys "B" team - The top 5 participants from each team
 - Girls Varsity - The top 3 participants from each team
 - Girls "B" team - The top 3 participants from each team
9. Times and placing for each runner will be recorded, but no team scores will be tabulated by meet officials during the meet.
10. Each player needs a minimum of ten (10) practices.
(No athlete with less than ten (10) practices shall run unattached in a meet).
11. **4 races will be run.**
 - a. **7th girls**
 - b. **7th boys**
 - c. **8th girls**
 - d. **8th boys**