

## **BOYS AND GIRLS CROSS COUNTRY REGULATIONS**

SECTION 1. There shall be three divisions in Boys' Cross Country: Varsity, Junior Varsity, and Frosh/Soph. There shall be three divisions in Girls' Cross Country: Varsity and Junior Varsity, and Frosh/Soph. All League cluster meets begin at 3:30pm. Possible start time adjustments for mutual agreement for daylight in October.

SECTION 2. The Varsity divisions will limit entries to seven (7) boys or seven (7) girls. All other divisions may have an unlimited number of entries. The top five boy and girl runners of each school must run VARSITY regardless of their grade (year in school). Each school must have seven (7) runners in the VARSITY races before they can enter ANY runners in the Jr. VARSITY or Frosh/Soph division. This applies to the boy's as well as the girl's divisions. Freshman and sophomore boys and girls must run in their respective class level unless they are Varsity participants. If a freshman or sophomore runs in an improper division, the team forfeits that division in which he/she participates.

SECTION 3. Final League standings will be determined by adding the points determined by the final cluster meet standings (as shown below) with the points earned at League Finals (as shown below). Both cluster meets and league finals will be scored invitational style on all levels. In case of a cluster-meet tied team score, the team with the higher finishing 6<sup>th</sup> place runner is victorious.

<u>Cluster Meet</u>		<u>Final Meet Points</u>	
1 <sup>st</sup> place	10 points	1 <sup>st</sup> place	20 points
2 <sup>nd</sup> place	8 points	2 <sup>nd</sup> place	16 points
3 <sup>rd</sup> place	6 points	3 <sup>rd</sup> place	12 points
4 <sup>th</sup> place	4 points	4 <sup>th</sup> place	8 points
5 <sup>th</sup> place	3 point	5 <sup>th</sup> place	6 points
6 <sup>th</sup> place	2 points	6 <sup>th</sup> place	4 points
7 <sup>th</sup> place	1 points	7 <sup>th</sup> place	2 points
8 <sup>th</sup> place	0 points	8 <sup>th</sup> place	0 points

For CIF representation, in case of ties in total points, the team that places higher in League Finals will advance with the higher seed.

SECTION 4. The host schools for League Finals and Cluster Meets shall be determined by the league coaches and Athletic Directors of the PCL member schools with input from the league coaches. The host school will meet with other member school coaches at least one week before the League Final Meet to organize and share in the responsibility of conducting the meet.

SECTION 5. The League clusters will be in this order:

League Cluster  
Girls JV 3:30 PM  
Boys JV 4:00 PM

League Finals (if no Daylight Savings Time)  
Girls JV 2:00 PM  
Boys JV 2:30 PM

Girls F/S 4:30 PM  
Boys F/S 5:00 PM  
Girls Varsity 5:30 PM  
Boys Varsity 6:00 PM

Girls F/S 3:00 PM  
Boys F/S 3:30 PM  
Girls Varsity 4:00 PM  
Boys Varsity 4:30 PM

SECTION 6. Meet competition shall take place in one (1) 8-way cluster meet and one (1) League Final Meet. Invitational scoring will be used. The League will provide a timer and equipment for cluster meet and the League Final Meet.

SECTION 7. The length of the course shall be no greater than 5000 meters for all races. Starting line, Finishing line, chutes, and any area where a question could arise about direction must be clearly marked to avoid confusion for runners and coaches.

SECTION 8. The host school for all meets shall provide a finish chute (as described in the National Federation Track & Field Rule Book), a timer, and a recorder with computer scoring system. Athletic Administrator to be at the finish line for supervision and meet manager role. Host school shall secure an athletic trainer, and supply an Athletic Administrator for supervision and to serve as meet manager.

SECTION 9. No protest of any race or meet will be accepted for review unless it is put in writing and presented to opposing coach(es) or Meet Manager before the teams and/or coaches leave the site.

SECTION 10. The Sport Managers is responsible for securing an Athletics Trainer to be present for clusters and finals. If a cost is incurred due to needing to find an outside trainer, the league will pay the cost.