

SECTION 6 – *CROSS COUNTRY (BOYS AND GIRLS)*

Supervising Athletic Director: Jill Stobber – Waterford

Equipment: As specified in WIAA Season Regulations

Officials: Two licensed WIAA officials required at SLC Relays and SLC Conference Meet.
Assigned by the conference commissioner with assistance from the host school.

Media/Results: Host school for SLC Meet is responsible for sending scores/results to conference commissioner, Rschool site, and the press.

Conference Schedule: The conference schedule shall consist of conference relays (all eight schools) and the Conference meet (all eight schools). The conference meet will determine the conference champion.

Conference Relays: The Conference Relays will be hosted on rotational basis and each school shall be assessed an entry fee to cover officials, workers, and awards. The host school will have a choice of hosting the meet on Thursday, Friday, or Saturday of the season's fourth (4th) week. Rain date will be determined by the host school.

Order of Events:	<u>Even year</u>	<u>Odd year</u>
	Frosh/Soph Boys	Frosh/Soph Girls
	Jr/Sr Boys	Jr/Sr Girls
	Frosh/Soph Girls	Frosh/Soph Boys
	Jr/Sr Girls	Jr/Sr Boys

Awards: Top three (3) boys & girls at each grade level will receive medals.
1st place = gold; 2nd place = silver; 3rd place = bronze

Conference Meet: The Conference Meet will rotate between conference schools.

At least one week prior to conference meet, the host meet director will provide maps of both boys' and girls' courses and he/she will provide other information pertinent to the running of the meet to all conference schools. Host school shall provide a cell phone number at meet site to all schools.

In the conference meet, schools shall be placed by lottery (conducted by host school) on the starting line. The starting line shall be lined, painted, or boxed. Starting line is numbered 1 – 8 from left to right.

In the conference meet, each school will be allowed an unlimited number of JV entrants, but not more than eight (8) varsity runners may represent any school in varsity race. Host school will get waiver from WIAA prior to race. All eight runners are eligible for conference awards, but only five (5) count in the team scoring and two as displacers.

The SLC meet shall begin on Thursday (3:00 pm), Friday (3:00 pm) or Saturday (9:15 am) on Saturday prior to WIAA Sectionals. The head coaches will hold a meeting approximately 30 minutes prior to start of first race. The conference meet course shall be marked at the mile and two-mile points.

Order of events:	<u>Even Year</u>	<u>Odd Year</u>
	JV1 Boys (9:15)	JV1 Girls (9:15)
	Varsity Boys (9:55)	Varsity Girls (9:55)
	Varsity Girls (10:25)	Varsity Boys (10:25)
	JV1 Girls (10:55)	JV1 Boys (10:55)
	*Note – 40 minutes between race 1 & 2	
	30 minutes between race 2, 3, & 4	

The conference champions (boys and girls) will be determined by adding the place points of the top five (5) runners. If a team cannot field five runners, the individual scores are taken out before the team scores are tabulated. Runners from partial teams are eligible for individual awards. Conference champions (boys and girls) will receive a trophy.

All-Conference Selection:

The first seven (7) runners for both boys and girls at the conference meet will be considered for 1st Team and 2nd Team All-Conference and will receive the following medals:

Engraved: 1st Team All-Conference: 1st place - gold; 2nd place - silver; 3rd thru 7th place – bronze.

Engraved: 2nd Team All-Conference: 8th thru 14th place – bronze.

Each school will be able to name one boy and one girl as Honorable Mention all-conference runner (head coaches' discretion). There will be eight honorable mention all-conference runners for each gender.

Financial Responsibility:

After completing the meet and totaling the costs of facility rental, timing system, workers, and other miscellaneous costs, the host school will divide the expenses equally among the eight schools and send an invoice for that amount to the schools.