

4.4 CROSS COUNTRY

4.4.1 **General**

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice: August 1.
- (c) Preseason Scrimmages: Reference 4.1.3
- (d) Date of First Contest: August 17
- (e) Number of Regular Season Contests: No more than three may be scheduled per week. An individual is limited to one contest a day (no season limit). If a cross country team participates in separate events on the same day, each meet will count towards the daily and weekly limitations for the individual and team. **(Revised)**
- (f) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of Guidelines (4.1.14) and Health and Safety Guidelines (2.5) for all the information.
- (g) Practice Rule: Men and women runners may practice together, individually, or as a team; however, if the women run with or against men in any regular season meet, they are regarded as members of the men's team and are not eligible to compete in a women's cross country meet (regular season, regional or state).
 - (1) Separate men's and women's races may have the same starting times and may be over the same course if the meet director so chooses, provided the scoring is kept separately.

4.4.2 **Regionals**

- (a) Date: Regionals are October 31, 2015.
- (b) Regional Assignments: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA web site.
- (c) Entries: The regional directors should receive entries no later than 3:00 pm, October 23.
 - (1) Regional directors, site information and entry instructions can be found on the cross country page of the NCHSAA website.
 - (2) There is a maximum entry of seven individuals per school.
 - (3) Late entries may be submitted to the NCHSAA and must be in by 3 p.m. the Monday prior to the regional. No entries after this deadline will be accepted.
 - i. Use the form on the NCHSAA website.
 - ii. A \$50 fee will be assessed for each individual entry.
- (d) Race Format: Men will run the first race, followed by the women. The prescribed course distance for both men and women is 5,000 meters.
- (e) Uniform: Each team member shall wear the same color and design school-issued legal uniform (jersey and trunks).
 - (1) A competitor shall wear the assigned contestant number, when numbers are used.
 - (2) For illegal uniforms, the competitor is disqualified from the event.
- (f) Coaches' Meeting: Each regional site is responsible for conducting a coaches' meeting prior to the start of the race to verify entries and announce substitutions.
 - (1) Failure to announce substitutions at the meeting may result in disqualification of the substitute runner.
- (g) Regional Site Determination: At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season.
 - (1) This is a mandatory meeting that will be conducted by the current regional director.
 - (2) The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

- (h) Supervision: All individuals participating in state playoff competition must be properly supervised or will not be allowed to participate. Coaches are responsible for seeing that team members remain at the site and are supervised at all times.
- (i) Qualifiers to State: The top four teams in each classification from each regional will qualify to the state meet.
 - (1) Team scores will be based on a school's five best performers.
 - (2) In addition, the top seven individuals not on a qualifying team will advance from each regional to the state. **(Revised)**
 - (3) A school that qualifies a team may bring any seven eligible competitors to the state meet; however, there may be no substitutes among those who qualify as individuals.
- (j) Awards: Regional champion and runner-up team plaques and awards for the top three individual finishers will be given.
- (k) Team Scores: Team points will be decided by the position each runner attains against other teams, not including individual runners.
 - (1) Individuals get credit for their finishes, but places are not counted against team scores.
- (l) Expenses: Each team will bear its own expenses to the regionals.

4.4.3

State Championships

- (a) Date and Site: The state championships will be held on November 7, 2015, at Ivey M. Redmon Park in Kernersville.
- (b) Coaches' Meeting: 9:15 a.m. (2A/4A), the day of the championship; 2:15 p.m. (1A/3A) the day of the championship.
- (c) Race Times:

2A Men 10:00 a.m.	2A Women 11:00 a.m.
4A Men 10:30 a.m.	4A Women 11:30 a.m.
1A Men 3:00 p.m.	1A Women 4:00 p.m.
3A Men 3:30 p.m.	3A Women 4:30 p.m.
- (d) Team Scores: Same format as regional (4.4.2.k).
- (e) Awards: The winning team and individuals will be given plaques, as will the runner-up team and individuals. Members of the winning and runner-up teams, and the individual third and fourth place finishers, will also receive medals.
- (f) Admission: \$6.00 for all (includes one dollar surcharge for the Endowment). A facility parking fee will be added.
- (g) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.