

CROSS-COUNTRY BYLAWS

1. Rules in the latest issue of the National Federation of State High School Associations Track & Field Rule Book shall be used with the following exceptions.
2. During dual meets, the girls will race first in odd numbered years and the boys will race first in even numbered years. By mutual agreement, the races may be combined. JV runners may be included in the above races.
3. No cross-country course shall be under 2.5 miles or over 3.1 miles in length.
4. Officials for meets shall be the responsibility of the host team. A minimum of one (1) official shall be provided for each meet.
5. Courses should be clearly marked on the road with cones, flags, or street markings. There should be an exchange of course maps at the coaches' preseason meeting.
6. The League Meet will be held at the discretion of the site Athletic Director. The Assignor (or designee) will manage the Meet.
7. In accordance with MIAA policy, no team scoring shall be done in any sub-varsity race.
8. There will be a League Meet held after completion of the dual meet schedule. The make-up date will be the next playable weekday with a starting time of 3:00, unless otherwise mutually agreed upon.
9. In the League Meet, teams will fill varsity slots first, before entering a JV runner.
10. The order of races for the League Meet shall be:
Co-ed Freshmen, followed by
Varsity, followed by
Varsity, followed by
Co-ed Junior Varsity
In odd years the girls Varsity will race first and in even years the Boys Varsity will race first.
11. Medals shall be awarded to the first ten (10) finishers in league varsity meet races. Ribbons will be awarded to the top 10 finishers (10 male and 10 female) in both the JV and Frosh races.
12. There shall be three (3) officials provided by the league for the league meet.
13. The Course Manager shall be paid for setting up the site for the League Meet.
14. A computerized timing device will be used for the TVL Meet.