

# CROSS COUNTRY

## 1. **FORMAT OF COMPETITION**

1.1 There is only one division comprised of all schools in the PAL.

## 2. **RULES**

2.1 Except as modified by these bylaws the current edition of the National Federation of State High School Athletic Associations shall govern scoring.

## 3. **NUMBER OF CONTESTS**

3.1 There shall be a maximum total of thirteen (13), including dual, multi-way, invitational, league finals, and post league meets.

## 4. **STARTING DATES**

4.1 Starting practice dates shall be determined by the CCS.

## 5. **DEFINITION OF PRACTICE**

5.1 See PAL Bylaws, Article IV, Section 2.

5.2 The following practice rules will be observed by cross country runners in all league schools. Coaches are responsible for reviewing practice rules with all team members. Rules are to be posted.

5.2.1 Check with the coach for course assignment.

5.2.2 Never run alone.

5.2.3 Obey all traffic signals and pedestrian rules.

5.2.4 Stay on sidewalks or to the side of the road.

5.2.5 Check with coach upon your return.

5.2.6 Report all injuries immediately to your coach.

5.2.7 Do not run in areas not designated by your coach.

5.2.8 Remember you are representing your high school, not yourself.

5.2.9 Stay off private property.

5.2.10 Stay out of the downtown areas, shopping centers, and construction areas.

5.2.11 Off-limit areas are to be determined by the individual schools.

5.2.12 Use good common sense.

## 6. **STARTING TIME FOR CONTESTS**

6.1 Afternoon meets should begin no later than 3:15 PM unless otherwise noted and authorized by the Board of Managers or the principals involved.

6.2 By mutual consent of principals, place or time of meets may be changed.

6.2.1 If the principals involved can reach no mutual agreement on changing of game time and/or sites, schedule stands as approved.

## 7. CHAMPIONSHIPS AND LEAGUE STANDINGS

7.1 The league schedule will be comprised of three separate meets, one in September, two in October plus the PAL Finals meet in November.

7.1.1 The meets will be divided into five divisions; boys Varsity, girls Varsity, boys Frosh/Soph, open boys, and open girls. Races will be run in that order in Meets #1, #2, and #3.

7.1.2 The PAL Finals meet will add a girls Frosh/Soph race.

7.2 The league championship for Varsity will be determined by a combined point total from all four league meets. Meet #1, #2, and #3 will be scored in the regular manner. Meet #4, the traditional championship meet, will count double the point system used in the first three meets (20%-20%-20%-40%).

7.2.1 Division championships, other than Varsity, will be decided by the team placement at the league championship meet, Meet #4.

## 8. TIE LEAGUE STANDINGS

8.1 The higher finishing team in the championship meet shall hold the tie breaker.

## 9. POST SEASON MEETS

9.1 Neither pre nor post season meets shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers. These meets also need CCS/CIF approval.

9.2 PAL Finals: Only seven (7) runners may be entered in the Varsity competition. Entries are unlimited for all other divisions.

9.2.1 An athlete is limited to running in one division.

9.2.2 A complete Varsity team (at least 5 runners) must be entered before any Open, JV or Frosh/Soph athletes are entered.

9.2.3 All team members shall wear identical uniforms.

9.2.4 Order of Races: Frosh/Soph girls, Frosh/Soph boys, Open girls, Open boys, Varsity girls, Varsity boys

9.2.4.1 Start at 10:00 AM last race at 12:30 PM. Order may be subject to weather conditions in accordance with meet committee (coaches).

9.2.5 Sites: Crystal Springs Course in Belmont.

9.2.6 All schools will be considered co-meet directors and share in the responsibilities of running the meet when practical.

### Task

Set up on athletic net

Bib numbers

Starter

Starter's assistant

Referee

Timer

Jury of Appeals

Communications/

### Note

Cross Country Chairperson

XC Chairpersons to order

Host School to hire

Starter can do this

Host School to hire

Defined at Pre-Season Meeting

### Responsible Party

Race Day Meet Boss	Host	
Gate	See section 12.2.5	
Check In	Verify coaches have hard copies Of Student Emergency Cards (Crystal Springs Only)	Host School
Announcer		
Awards	Order, pick up, distribute	
Results Posting		
Roving first aid person		
Trail bikers (2)		
Chute duties (4 per race)	1. Finish Line judge 2. Chute placement/order 3. Chute pusher 4. Tag taker	
Timing help (3)	Can be students	
Trash sweeper	End of meet at Crystal Springs	

### 9.3 Qualifying From League To Section

- 9.3.1 The top half (rounding up) of the teams complete (5 person) teams competing in their respective final league event which qualifies athletes to the CCS Meet at the Varsity level shall advance to the Section Meet.
- 9.3.2 The highest placed non-qualifying team running in a division not represented by a qualifying team, will advance to the section meet.
- 9.3.3 If a team does not automatically qualify for the Section Meet at its final league event which qualifies athletes to the CCS Meet at the Varsity level, it will qualify as a At-Large Entry if it meets the following condition:
- 9.3.3.1 The combined time for a team's top five (5) runners (team time) at its final league event which qualifies athletes to the CCS Meet at the Varsity level is less than the average of the median team time for 1997 and subsequent years at the Section Meet for the Division in which the team competes.
- 9.3.4 The top three (3) individuals in each division who are not members of qualifying teams will advance to the Section, as an At-Large Entry if he/she meets the following condition:
- 9.3.3.2 An individual's time at his/her final league event which qualifies athletes to the CCS Meet at the Varsity level is less than the average of the median individual time for 1997 and subsequent years at the Section Meet for the Division in which the individual competes.

### 9.4 Qualifying From Section to State

- 9.4.1 Each division qualifies 2 teams to the State Meet based on the annual CIF-issued qualifications per Division.
- 9.4.2 A maximum of five (5) individuals, per criteria in each division, will qualify from Section to State meet finals as follows: if the division has 2 automatic qualifiers, the five must finish in the top 12. If the division has 3 automatic qualifiers, the five must finish in the top 14 and if the division has 4 automatic qualifiers, the five must finish in the top 16.

**10. ALL-LEAGUE SELECTION PROCEDURE**

10.1 The top fifteen placers in the PAL Varsity Finals or the top 15 placers in any two PAL meets will be awarded all-league PAL status.

**11. AWARDS**

Authorized Peninsula Athletic League awards include:

11.1 Certificates and medals recognizing "all-league", to be made available by the Peninsula Athletic League Commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

**12. SPECIAL RULINGS**

12.1 Hosting home meets:

12.2.1 Host should provide course map/directions. Host course shall be properly marked and defined.

12.2.2 Host should provide essential timing and scoring personnel plus required equipment.

12.2.3 Host shall provide scoring results.

12.2.4 Cross country is an "open" roster sport. Athletes may move between divisions from meet to meet. Seniors are eligible for JV competition.

12.2.5 Schools will rotate the responsibility of maintaining the gate at the PAL finals.

As of the 2015 season we will be charging admission.

San Mateo	2015
Sequoia	2016
South San Francisco	2017
Terra Nova	2018
Westmoor	2019
Woodside	2020
Aragon	2021
Burlingame	2022
Capuchino	2023
Carlmont	2024
El Camino	2025
Half Moon Bay	2026
Hillsdale	2027
Jefferson	2028
Menlo-Atherton	2029
Mills	2030
Oceana	2031

**13. SPORTS CHAIRPERSONS**

13.1 The cross country chairpersons shall serve for a minimum of two (2) years.

- 13.2 The cross country chairpersons shall be selected or appointed from each division.
- 13.3 The duties of the chairpersons:
  - 13.3.1 Shall notify the commissioner of all sport committee meetings.
  - 13.3.2 Shall call a meeting of all the league cross country coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.
  - 13.3.3 Shall call a meeting of all league cross country coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
  - 13.3.4 Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
  - 13.3.5 Shall represent their division on the CCS Cross Country Committee.

