

Illinois Cross Country Championship
2018 Rules

1. Masters and open division competitions will be run separately.
2. Master runners must be 40 years old on the day of the race, 11/11/18.
3. Teams must submit final team line-ups no later than 60 minutes from race time.
4. All runners must wear team uniforms, and team uniforms must be consistent in color and design. Runners may wear any clothes they wish under the team uniform.
5. All runners must wear their assigned race number on the front of their jersey.
6. Stay on the course. If you leave, return to the spot where you left the course and resume running.
7. Scoring will be based on finish place, lowest score wins.
8. It will be a mass start in randomly assigned chutes, and finish place will be determined by chip timing. There is no timing mat at the start, so first chip across the finish mat wins.
9. Teams may be as large as 10 runners. The top four runners will score, runners 5 and 6 and 7 will bump. Runners 8, 9 and 10 will NOT bump and will not be included in calculating team scores.
10. Ties will be broken by the finish place of each team's last scoring runner.
11. After all master and open races are completed the race director will publish team rankings for the age-graded competition. This will be done in the following manner:
 1. The WAMA tables will be used to assign every runner, both male and female, an age-graded time.
 2. Runners will then be ranked by their age-graded time.
 3. The race will then be scored by place in the normal fashion, using each club's fastest top five runners.
12. Co-ed champions will be calculated as follows:
 1. After the open and master races are completed, the top two male and females runners from each club/team will be added together for both the open and masters races.
 2. Low score wins for both master and open category.
13. Trophies will be awarded to the top team in each of five categories: men's open and masters, women's open and masters, team age graded, and co-ed open and masters.