

# **SOUTHWEST SUBURBAN CONFERENCE: Boys' & Girls' Cross Country: Sport Guidelines**

## **I. Season Limitations**

- A. First practice may begin on Wednesday, August 12, 2019
- B. First contest may be held on Monday, August 26, 2019
- C. Season ends on Saturday, November 9, 2019

## **II. Contest Limitations (Exclusive of the IHSA State Series)**

- A. Varsity, Sophomore
- B. Team = fifteen (15) dates
- C. Individual = eighteen (18) dates

## **III. Levels of Competition**

- A. Varsity - limited to seven (7) competitors
- B. Sophomore - limited to seven (7) competitors

## **IV. Coaches' Meeting**

- A. Pre-Season will be conducted by Lockport by email.
- B. Post-Season will be held on Wednesday, November 13 at Lockport High School at 7:00 p.m. in the Maroon Room.

## **V. Championships and Awards**

- A. Team Awards
  - 1. A championship trophy shall be awarded to the winner at the Varsity level of each Division.
  - 2. An engraved plate will be awarded to the winner at the sophomore level of each Division.
- B. Individual Awards
  - 1. Varsity top ten (10) finishers in the red and blue divisions will receive medals on neck drapes and will be declared All-Conference.
  - 2. Awards will be given to the top ten (10) finishers in the red and blue divisions in the sophomore level race.

## **VI. Terms of Contests**

- A. In place of regular season meets, the conference will conduct a pre-season race at the one of the sites of the SWSC division conference race. The pre-season meet will be run together at one site with all schools attending. No dual or triangular meets will be scheduled by the conference.
- B. The host school shall provide a map of the course to the visiting school.
- C. The host school shall provide an appropriately marked course with a chute.
- D. A scorer and timer shall be provided by the host team.
- E. The Varsity and sophomore races will be between 2.75 and 3.12 miles in distance.
- F. At the conclusion of the meet, the host school will send the results of the meet to the newspapers.
- G. IHSA rules for Cross Country will be used in scoring and in the tie breaking process. The sixth (6th) runner will determine the winner in the event of a tie.

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- H. The order of events will be:
1. Sophomore girls (unlimited entries)
  2. Sophomore boys (unlimited entries)
  3. Varsity girls (unlimited entries)
  4. Varsity boys (unlimited entries)
- I. If a team arrives late to a competition, they will have no more than fifteen (15) minutes or less by mutual agreement of the coaches before competition begins. Common sense should prevail in all situations.
- J. Conference Meet
1. The pre-season and post-season meet will be run at one site with all schools attending. **The results will be scored separately to determine the division champions.**
  2. The Athletic Director of the host (rotation) school shall hire a neutral head starter/referee. Helpers or assistants are the responsibility of the host (rotation) school.
  3. Races will be run every thirty (30) minutes.
  4. Varsity and sophomore levels of competition will be run at the Division meet.
  5. The order of events for the Divisional Conference Championship Meets will be:
    - a. Sophomore girls (maximum of 7 competitors)
    - b. Sophomore boys (maximum of 7 competitors)
    - c. Varsity girls (maximum of 7 competitors)
    - d. Varsity boys (maximum of 7 competitors)
    - e. Coed open (unlimited competitors)
  6. If a team does not finish five (5) runners in a race, that team will not be included in the team scoring.
  7. If a school does not have enough competitors to compete in a race, an individual from that school may compete and is eligible for an individual award.
  8. A games committee will be appointed by the host school for each Divisional Meet consisting of five (5) coaches including a coach from the host school. They will make final decisions on course conditions, weather postponements/cancelations and final scoring outcomes.
  9. Every effort should be made to conduct the championship meet on the scheduled date. In the event of weather issues, the teams will wait out the delay until the course is not able to be used, lack of daylight prevents the completion of the event, or the event cannot be conducted because of the IHSA severe weather guidelines. A rain date will be provided by the site host school and used if the original date is cancelled. The open race will not be run on the rain date do to daylight limitations.
  10. The finish line for the post-season conference meet will be videotaped. For any discrepancies, a coach can approach the games committee and ask for a review. The games committee will determine if a video review is warranted and, if necessary, the starter will review the video and determine the official finish.

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### **VII. Officials**

- A. At SWSC Dual, Triangular and Quadrangular contests, officials are not required. However, questions of procedures or inquiry are legitimate reasons for mutual direction by coaches.
- B. It is the responsibility of the Division Championship Meet host school to contract meet officials.

### **VIII. Reporting Results**

Host schools of SWSC Division Meet should report their scores and individual results to the newspapers immediately after the competition and to the Resource Athletic Director and the Historian the Monday after the meet.

### **IX. Miscellaneous Information**

Sites:

Conference preseason and postseason race sites will be announced by the host school.