

## **Cross Country**

### **11/12/2014**

- I. Cross country will be a fall sport in the NAC consisting of a one “flight” meet, one “relay” meet, and the “end-of-the-year” conference meet.
- II. All rules and regulations of the IHSA and the National Federation will apply with the IHSA taking priority where they differ, and except as specified otherwise in this handbook.
- III. If at the flight meet and you have only one runner, that individual must be in the #1 flight.
- IV. A team / individual must compete in all three meets to be eligible for All-Conference consideration, to be the possible NAC Champions, and to score at the meets. The team that wins the NAC Meet in October will be NAC Champions if the team has competed in all three NAC meets during the season.
- V. Distances
  - a. Boys Varsity – 3.0 miles
  - b. Girls Varsity – 3.0 miles
  - c. Open Division – see below
    - i. Flight – 3.0 miles
    - ii. Relay – 2.0 Miles
    - iii. Conference Meet – 3.0 miles
- VI. There will be a final conference meet which will be conducted by the host school (the host school will be determined by the athletic directors). The host school will make arrangements for scheduling this meet at a course suitable for cross-country competition. It is important to gather information from the conference schools as to what courses they compete on.
  - a. Each school will be allowed (7) runners on the Varsity level in this race. Open race is unlimited entries.
  - b. A school may enter less than (5) runners on each level in this race, but the school will not receive a team score. You need to have (5) runners to score at the meet.
  - c. The open race will be followed by the girl’s Varsity and then the boy’s Varsity races.
  - d. Advance entries will consist of (7) or less runners on each level, with substitutions possible on the day of the meet.

- e. The end-of –the-season conference meet will begin at 10:00 a.m. on the Saturday as indicated by the conference schedule.
  - f. Each school must provide one school representative other than the coach to assist in conducting this meet.
- VII. Awards for the Conference Champions and for individual race champions in each division will conform to the conference awards policy.
- VIII. There needs to be a determination where the Flight Meet and where the Relay Meet will be held. These meets will be held on the dates as indicated by the conference schedule.
- a. Flight Meet – Will be hosted by Luther North @ Schiller Woods Forest Preserve
  - b. Relay Meet – To be determined on a yearly basis.
  - c. NAC Final Meet – Will be at Mooseheart