

WEST SUBURBAN CONFERENCE: Girls' Cross Country: Sport Guidelines

Revised 2/09/2017

I. Season Limitations

- A. First practice may begin on Wednesday, Week 6.
- B. First contest may be held on Monday, Week 9.
- C. Season ends on Saturday, Week 18.

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

- A. Varsity, Junior Varsity, Sophomore, Freshman:
 - 1. Team = fifteen (15) dates
 - 2. Individual = eighteen (18) dates

III. Levels of Competition

- A. Varsity - limited to seven (7) competitors at the conference meet.
- B. Junior Varsity - unlimited competitors
- C. Sophomore - unlimited competitors
- D. Freshman - unlimited competitors

IV. Coaches' Meeting

- A. Pre-Season will be held on Wednesday, August 16, 2017, at Lyons Township, South Campus, at 6:30 pm.
- B. Post-Season will be held on Wednesday, October 11, 2017, at Lyons Township, South Campus, time 6:30 pm.

V. Championships and Awards

A. Division Standings

- 1. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
- 2. The Division Champion will be determined by points awarded during WSC Divisional Championship Meet. National Federation rules will apply to all ties. Divisional Championship Meet points will be awarded according to the team's place in that meet. Points for each place will be determined by the following formula:
 - 1st place points - Total teams competing in this sport minus one.
 - 2nd place points - Total teams competing in this sport minus two.
 - 3rd place points - Total teams competing in this sport minus three.
 - 4th place points - Total teams competing in this sport minus four.
- 3. In case of a tie for first place, we will score the 6th runner. There will be co-champions.

B. Individual Awards

- 1. Varsity top sixteen (16) finishers will receive medals and will be declared "Medalists".
- 2. Ribbons will be given to the top sixteen (16) finishers in all lower level races.

3. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the sixth (6th) semester.

VI. Conduct of Contests

A. Dual and Triangular Meets

1. All races are to be run unless, prior to the start of the meet, all participating Varsity coaches unanimously agree to not run a lower level race.
2. The host school shall provide a map of the course to the visiting school.
3. The host school shall provide an appropriately marked course with a chute.
4. A scorer and timer shall be provided by the host team.
5. Due to Divisional schools using common sites, each Division will run on different days of the week.
6. National Federation 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.
7. All schools in the West Suburban Conference have the option to run at split sites by mutual consent of competing schools.
8. When the boys and girls run at the same site:
 - a. The order of events will be:
 - Sophomore girls
 - Sophomore boys
 - Varsity girls
 - Varsity boys
 - Freshman girls
 - Freshman boys
 - Junior Varsity girls
 - Junior Varsity boys
 - b. By mutual unanimous consent of all Varsity coaches, the order of races may be changed.
9. When the boys run at a different site from the girls:
 - a. The order of events will be:
 - Sophomore boys
 - Varsity boys
 - Freshman boys
 - Junior Varsity boys
 - b. By mutual unanimous consent of all Varsity coaches, the order of races may be changed.
10. If a school does not have enough competitors to compete as a team, the Athletic Directors of the competing schools shall be notified and the decision to compete will be made by the respective Athletic Directors. A win will be awarded to the team(s) receiving the forfeit.
11. If a team arrives late to a competition, they will have no more than thirty (30) minutes or a lessor amount by mutual agreement of the coaches before competition begins. Common sense should prevail in all situations.
12. In the event of inclement weather during a dual/tri meet, the meet will be cancelled and not rescheduled.

B. Division Meet

1. The Athletic Director of the host school shall hire a neutral head starter/referee. Helpers or assistants are the responsibility of the host school.
2. Races will be run every thirty (30) minutes. A five (5) minute horn will sound prior to the start of each race.
3. All levels of competition will be run at the Division meet (Varsity, Junior Varsity, Sophomore, and Freshman).

4. The order of events for the Divisional Conference Championship Meets will be:
 - Freshman girls (unlimited competitors)
 - Freshman boys (unlimited competitors)
 - Sophomore girls (unlimited competitors)
 - Sophomore boys (unlimited competitors)
 - Varsity girls (maximum of 7 competitors)
 - Varsity boys (maximum of 7 competitors)
 - Junior Varsity girls (unlimited competitors)
 - Junior Varsity boys (unlimited competitors)
5. If a team does not finish five (5) runners in a race, that team will not be included in the team scoring.
6. 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.
7. It is recommended for each Divisional meet that a games committee be appointed. Rule three (3), Section two (2) of the National Federation Cross Country Rules Book should be adhered to.
8. The Varsity, Junior Varsity, Sophomore, and Freshman boy's races will be between 2.75 and 3.1 miles in distance.

VII. Officials

- A. At WSC Dual and Triangular contest, 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. Miscellaneous Information

- A. Playing Sites
 - a. Addison Trail – Wood Dale Forest Preserve
 - b. Downers Grove North - Green Valley Forest Preserve
 - c. Downers Grove South - O'Brien Park
 - d. Glenbard West – Camera Park
 - e. Hinsdale Central - KLM Park
 - f. Hinsdale South - KLM Park
 - g. Leyden - Centerpoint Facility
 - h. Lyons Twp. - South Campus
 - i. Morton – West Campus
 - j. Oak Park-River Forest - Schiller Woods
 - k. Proviso East – N/A
 - l. Proviso West - School
 - m. Willowbrook – Willowbrook Park
 - n. York – Berens Park