

SPORTS REGULATIONS

ARTICLE IV

CROSS COUNTRY (Men and Women)

4.01 Conference Championship.

A. Date and Site Selection. The coaches will recommend to the Competition Committee and Executive Committee potential sites for the championship. The championship should be conducted two weeks prior to the NCAA District Cross Country Championship.

B. Future Championship Sites.

1. The following schedule of championship sites is based on established rotations:
[Revised: June 2005; June 2009; June 6, 2012, June 25, 2013]

2014	Northeastern
2015	Charleston
2016	Delaware
2017	Elon

C. Host Championship Criteria.

1. The host must secure the exclusive use of a championship course. The men's course shall be either eight thousand (8,000) meters or five (5) miles and the women's course shall be either six thousand (6,000) meters or three point eight (3.8) miles. The course must be available the day prior to the championship for team practice.
2. The host must hold a meet within a year of the championship.
3. Course standards include:
 - a. Dangerous ascents or descents, undergrowth, deep ditches, and in general any hindrance detrimental to the competitors, must be avoided.
 - b. Narrow gaps shall be not less than 2 meters and preferably 5 meters in width for all CAA Championship courses. Obstacles and other hindrances shall be avoided throughout the course; and any narrowing of the course must be avoided for the first 200 to 400 meters and the last 150 to 200 meters of the race.
 - c. Continuous traversing of roadways should be avoided.
 - d. The direction and path of the course shall be defined clearly for the runners.
 - e. Turns must be gradual.
4. The host must assist with the selection of officials and secure adequate meet personnel including, but not limited to the following: referee; head finish judge; finish judges; jury of appeals; starter; clerk; official results staff; head umpire; umpires; course and finish line assistants; meet results staff and public address announcer.

D. Administration. The championship will be conducted using the NCAA Cross Country Championship Handbook as a guide.

E. Squad Size, Entries and Scoring.

1. Each institution is permitted to enter a maximum of 12 runners each in the men's and women's races, with the top five institutional finishers scoring and sixth and seventh runners displacing other runners. [Revised: October 2009, October 17, 2011]
2. Entries must be submitted ten (10) days prior to the event through Direct Athletics and are limited to sixteen (16) individuals. [Adopted: July 2008, Revised: October 21, 2013]
3. NCAA scoring rules will apply and five individuals must finish to achieve a team score. The rules and regulations of the NCAA shall govern the championship.

F. Meet Director. The host will provide an administrator that shall serve as meet director, and as such shall recruit all needed officials under the direction of the conference office.

G. Coaches Meeting. A mandatory coaches meeting will take place to review race and championship information.

H. Responsibilities for Meet Management.

1. Provide a suitable course map and hotel information to all members, six months prior to the race date. [Revised: June 5, 2014]
2. Provide a program, numbers and pins for all entered athletes to be distributed at the meeting.
3. Cross country championship should have chip timing, video timing and fat timing. [Adopted: October 21, 2013]
4. Provide a check-in area for final declarations.
5. Results are provided at the conclusion of the Championship by Direct Athletics.
6. Conduct an appropriate awards ceremony.

I. Coaches' Responsibilities.

1. Submit entry materials through Direct Athletics prior to entry deadline (10 days prior to race date).
2. Make declarations of final starters 30 minutes prior to race time.
3. Bring their team to the start line area five minutes prior to starting time.
4. Collect and collate quick score materials as soon as possible after all team members have finished.