

ARTICLE XI

CROSS COUNTRY

- Section 1. The league meet will determine the SPAL champion.
- Section 2. Five divisions will participate. They are: Frosh-Soph, Varsity, Girls, JV, and Frosh. This will be the order of competition in the league finals.
- Section 3. There shall be a maximum of twelve meets per season, not counting the qualifying meets such as the League Region, Section, and Northern California championships.
- Section 4. A student shall be limited to running in one division per day.
- Section 5. The number of entrants per team shall be unlimited, with the exception of the varsity which shall be limited to seven. However, only the first five athletes per team count in the team scoring. The sixth and seventh finishers of a team act as displacers in the team score.
- Section 6. The five best runners of a team must run on the varsity when a junior varsity team is entered. This rule does not effect frosh-soph and freshmen divisions.
- Section 7. All team members in a given race shall wear identical uniforms.
- Section 8. The National High School Rule Book for Cross Country shall be used in determining the method in breaking ties, enforcing rules, and in resolving disputes.
- Section 9. The Cross Country Chairman shall be elected by his fellow cross country coaches for a two year period. He can then stand for re-election.
- Section 10. The All-League Cross Country Team shall be selected by a committee of cross country coaches. All meets during the season shall be considered, with more weight being placed on the league meet and the following championship meets. The All League team will consist of a minimum of 10 men.