

WVAL CROSS COUNTRY RULES 2021-2022

MEETS

1. Races shall start promptly at 4:00pm.
2. A school's team is allowed unlimited runners in every division with the first 5 runners being counted toward official team scoring.
3. Course maps should be emailed and/or available the day of the meet.
 1. Emailing digital copies of the course map is preferable.
4. Meets will be run in grade order as described in the schedule of meets; The boys division will be run first for each grade with the girls division following 2-3 minutes thereafter.
5. One competent adult shall be provided by each school at the finish line (2 adults for league finals) **Check is at 3:45 p.m. to be assigned a duty.**

SCORING

1. Each division shall only score the TOP 5 runners from each school.
2. **All runners must wear a shoe tag. Every runner who finishes a race must exit the chute area immediately and return their shoe tag to their coach.**
3. In the event of a tie score between two or more teams, the 6th runner who finishes from the tied teams will be counted toward the scoring to help break the tie.
 1. (If one team does not have a 6th runner than the team with at least 6 runners wins the tie)
4. Incomplete Teams (IC) are teams that have fewer than 5 runners that finish a race.
 1. (i.e. four 6th grade girls from one school would be considered an incomplete team)
5. Scoring will be calculated by adding up the places of the first 5 runners on complete teams for each division. The 6th and 7th runners shall displace other runners that score for other teams.
6. The winner for each division is decided by the lowest score between all of the complete teams.
7. Runners above the 7th place finisher for complete teams (i.e. the 8th and above finisher from a team) shall not displace scorers on other complete teams.
8. Runners on incomplete teams shall **not** displace runners from other complete teams.
9. An incomplete team cannot beat a complete team, but incomplete teams can beat other incomplete teams.
 1. (i.e. If two incomplete teams have four runners finish, then the lowest total wins. Also, a team of 4 beats a team of three, etc., regardless of places.)

RESULTS

1. Each coach/team is responsible for having **shoe tags** for their own runners.
2. Copies of official results for each race shall be available no later than the following meet.
3. Specific details on name tags/ numbers will be sent out by the commissioner.

LEAGUE FINALS

1. Top 3 receive medals, 4-10 receive smaller medals. Medals for top 5 runners on team champions.

