

CROSS COUNTRY RUNNING

(GIRLS AND BOYS • ALL CLASSIFICATIONS)

A. SEASON 2010-11

First Day of Season: August 2, 2010
Last Regular Season Contest Date: September 25, 2010

B. PRESEASON

No restrictions on students.

C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

E. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross-country running teams while they are members of a school cross country running team.

F. RULES

National Federation

G. REGIONAL MEETS

Regions determine state tournament representatives based on regional meets. Qualifying standards and meet administration shall be the responsibility of each region.

H. STATE CHAMPIONSHIPS

1. DATE: October 2, 2010
2. SITE: Bartlett High School Running Trails
3. FORMAT:
Separate meets are conducted for the combined classifications of 1A, 2A, 3A and the 4A classification.

Even year schedule:
1A-2A-3A Girls, 4A Girls,
1A-2A-3A Boys, 4A Boys

Odd year schedule:
1A-2A-3A Boys, 4A Boys
1A-2A-3A Girls, 4A Girls,
4. COURSE LENGTH
The course length of both boys and girls for all classifications is five (5) K.

5. QUALIFICATIONS TO STATE

- a. 1A-2A-3A Berths

REGION 1

- **North** — The top team (7 members) and any runner in the top top fifteen (15) not on championship team.
- **South** — The top team (7 members) and any runner in the top top fifteen (15) not on championship team.

REGION 2

- Top two (2) teams (7 members each) and any runner in the top ten (10) not on the two qualifying teams.

REGION 3

- Top three (3) teams (7 members each) and any runner in the top fifteen (15) not on the three qualifying teams.

REGION 5

- Top three (3) teams (7 members each) and any runner in the top top fifteen (15) not on the two qualifying teams.

REGION 6

- Top team (7 members) and any runner in the top ten (10) not on championship team.

Any student enrolled full time in a member statewide correspondence program classified as 1A, 2A, or 3A may qualify for the state tournament by placing in the top 10 in this classification at a regional tournament in Regions 2 or 6. If competing in the Regions 1, 3 or 5, the student must place in the top 15. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

- b. 4A Berths

REGION 3

- Top four (4) teams (7 members each) and any runner in the top fifteen (15) not on the four qualifying teams

REGION 4

- Top four (4) teams (7 members each) and any runner in the top fifteen (15) not on the four qualifying teams.

CROSS COUNTRY RUNNING continued

REGION 5

- Top team (7 members each) and any runner in the top ten (10) not on the one qualifying team.

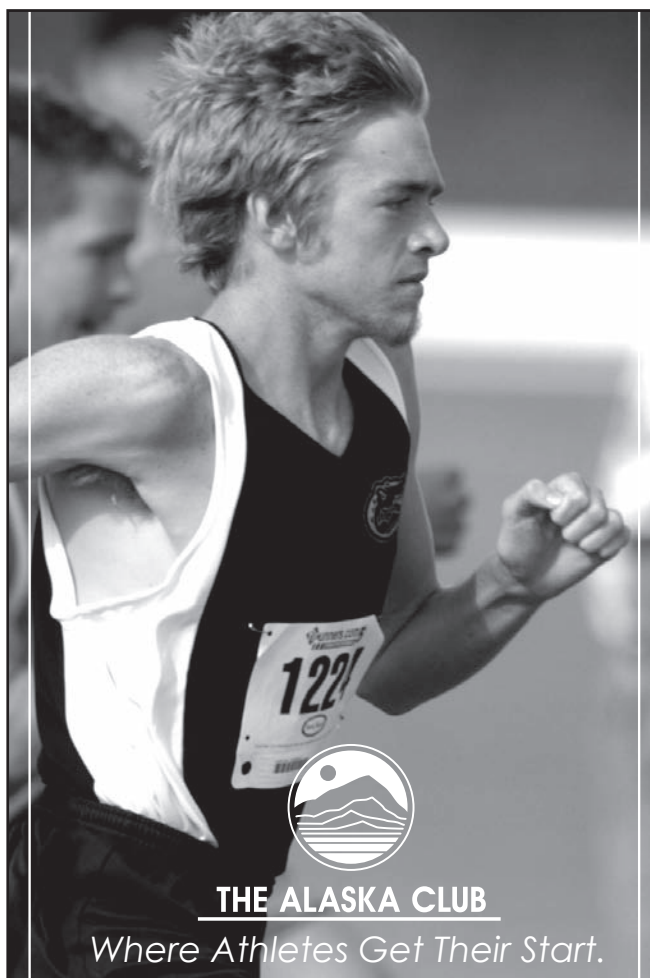
REGION 6

- Top two (2) teams (7 members each) and any runner in the top ten not on the two qualifying teams.

Any student enrolled full time in a member statewide correspondence program classified as 4A may qualify for state tournament by placing in the top 10 in this classification at a regional tournament in Regions 5 or 6; or if competing in the Region 3 or Region 4 tournament, must place in the top 15. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

6. AWARDS

- First and second place team trophies for both boys and girls in each classification.
- Individual medallions for first ten (10) finishers for both boys and girls in each classification.
- Seven (7) Individual medallions for first and second place team members in each classification.
- GOOD SPORT TEAM — one selection from each team of 5-7 students for both boys and girls in each classification is recognized for citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each member of the GOOD SPORT TEAM.
- ACADEMIC AWARD for highest team GPA for both boys and girls in each classification. *(Teams must have a minimum of five (5) members of same gender to be eligible for academic award)*



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