

Cross Country

Disclaimer

The below are guidelines for ISST tournament directors to follow. ISST reserves the right to change any aspect of the below guidelines in consultation with the membership. Reasons (but limited to) are generally for student safety and/or limitations to facilities and logistics.

4.3 CROSS COUNTRY

Format

Races will be held for the following divisions: Varsity Girls and Varsity Boys. The Cross Country Championships will be divided into a Girls and Boys race.

The distance for all races will be **5000 meters**.

The **maximum number of participants per school is 14**, with a maximum of seven (7) runners comprising each age/ gender team. The seven (7) finishers (five (5) scoring runners plus two (2) bumpers) will comprise the team score. (See below.) A team does not have to enter a complete team in order to compete. Schools with less than five (5) entries per team are not eligible for the team championship; however, their runners may receive individual awards.

Host schools may run undeclared runners providing they fall within the ISST guidelines and age eligibility provisions. Undeclared runners must start at the back of the 'field' and must not interfere with the race start. In addition, they must be clearly be identified as separate from the meet runners.

Once team lists have been placed on the score sheets (with the declaration of scorers and non-scorers) absolutely no changes will be allowed for any reason.

Spiked shoes may be worn.

Team Scoring

A team's first five (5) finishers will constitute the team's score. A team's sixth and seventh runners will displace (bump) all scoring runners from other teams that finish in places behind them. The finishing place points of all runners from schools with less than five (5) competitors will be disregarded and the team points re-ranked. Ties in team scoring will be resolved in favor of the team whose fifth runner finishes nearer to first place.

Overall Scoring

The following process will be used to determine the placing of teams in Cross Country where we have the categories of varsity boys and, varsity girls, junior boys and junior girls.

In each category the team placed FIRST will receive 1 point; the team placed SECOND will receive 2 points; the team placed THIRD will receive 3 points and so on.

Schools that do not have a complete team in a category will receive the number of points EQUAL to the total number of schools participating in the Championships

For example:

In the XC Championships if there are 13 schools participating.

In the Boys category if there are 11 complete teams 1st place = 1pt; 2nd place = 2 pts; 3rd place = 3 pts and so on until the 11th place team = 11pts. The 12 & 13 th schools who do not have a complete team receive 13 points.

In the Girls category there are 10 complete teams 1st place = 1pt; 2nd place = 2 pts; 3rd place = 3pts and so on until the 10th place team = 10 pts. THEN the remaining 3 schools are awarded 13pts.

For the overall placing add the 2 category scores for a total score. The school with the LOWEST total is the overall Champions

Overall Score Tie Breaker:

If 2 or more teams are tied in overall score, the tie will not be broken.

Awards

First, second, and third place permanent trophies will be awarded to the relevant teams in each of the gendegroups. **Medals** will be awarded to the **top 3** individuals in each race Gold, Silver and Bronze respectively and **ribbons** will be awarded to individuals **placed 4-10** (vote 4 – London 9 May 2011). **Medals** will be awarded to **all members** of the **top three placed teams** in each gender group. Participation patches will be given to all runners involved in the Championships.

An overall combined team first place trophy will be awarded each year to the team obtaining the best combined scores in both gender groups.