

## **CROSS COUNTRY** **(GIRLS AND BOYS)**

### **Regional Meet**

1. The Board of Directors will be responsible for the selection of site, time, date (Week 16) and meet directors.
2. **Director's Responsibilities**
  - a. You are acting as the WVSSAC representative: therefore, please ensure that rules and regulation are followed.
  - b. Arrange for all needed support personnel (games committee, referee, starter, clerk of the course, finish judge, chute inspectors, checkers, course inspectors, timers and marshall (**Check Track and Field Rules - National Federation**)).
  - c. It is recommended that a trainer or physician be present for the meet.
  - d. It is recommended that water be available at the finish.
  - e. All expenses after gate receipts will be shared by all participating schools.
  - f. If admission is charged, the established price will be: \$6.00 - Adults; \$5.00 - Students.
  - g. Items to be discussed in the pre-race meeting are listed here and in The Interscholastic.
    - 1) The course is 5,000 meters.
    - 2) A team shall consist of at least 5 and no more than 7 runners. In order for a team to count in any meet, at least 5 members must finish the event.
    - 3) A school must have competed in no fewer than 5 regularly scheduled interscholastic meets.
    - 4) Each school must have a contestant uniform for its participants.
    - 5) Participants cannot wear sunglasses, caps, or jewelry (earrings, rings, necklaces, etc.). Also, they cannot have an object such as straw, pencil, or other objects in or about the mouth.
    - 6) Sportsmanship: Student participation in an athletic contest is a privilege. Each student athlete is expected to conduct himself or herself in an exemplary manner while competing.
    - 7) No team or individual will be allowed to compete unless accompanied by a faculty representative. Unaccompanied participants will be disqualified.
    - 8) Results from individuals and teams must be turned in to the official scorer no later than 10 minutes after the completion of the race. Failure to comply will result in disqualification of team or individual.
    - 9) A registered track official or a games committee appointed to resolve disputes during meet.

10) Please check on medical transportation and first aid availability.

11) Other items as needed.

h. At the conclusion of the meet you will:

1) Score the meet according to National Federation Track and Field Rule Book.

2) The Regional results are to be reported ONLINE ONLY. Directors need to access the website at:

a) [www.wvcrosscountry.com](http://www.wvcrosscountry.com)

b) username:run

c) password: xc

d) If they have any questions email [wvstatemeet@gmail.com](mailto:wvstatemeet@gmail.com)

### 3. **State Qualifiers**

#### A. Teams (Boys and Girls)

Regions with the following number of teams who start the regional race will qualify the indicated number of teams.

1 - 3 teams - 1 qualifier

4 - 6 teams - 2 qualifiers

7 - 9 teams - 3 qualifiers

10 plus teams - 4 qualifiers

#### B. Individuals

Individuals in the region who finish in the top ten (10) inclusive of the qualifying teams will qualify for the state meet.

**FINANCIAL REPORT**  
**REGIONAL CROSS COUNTRY**

School \_\_\_\_\_

Class \_\_\_\_\_ Region \_\_\_\_\_ City \_\_\_\_\_ Date \_\_\_\_\_

**RECEIPTS:**

_____	Adults @	\$	6.00	.....	\$	_____
_____	Students @	\$	5.00	.....	\$	_____
TOTAL RECEIPTS .....					\$	_____

**DISBURSEMENTS:**

Director's Fee	\$ 100.00
Facility Rental	\$ _____
Custodians	\$ _____
Security	\$ _____
Ticket Takers/Sellers	\$ _____
Timers/Scorers	\$ _____
PA Announcer	\$ _____
Supplies (Postage, Stationary, etc.)	\$ _____
Miscellaneous (Computer Programmer, Hospitality Room, etc.)	\$ _____

TOTAL DISBURSEMENTS..... \$ \_\_\_\_\_

GRAND TOTAL ..... \$ \_\_\_\_\_

AMOUNT DISBURSED OR BILLED TO EACH SCHOOL..... \$ \_\_\_\_\_

(Circle One)

\_\_\_\_\_  
Director

*Mail one copy to each participating school and one copy to the WVSSAC office within five (5) working days.*