

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) A registered track official or a games committee appointed to resolve disputes during meet.
 - 9) Please check on medical transportation and first aid availability.

10) 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
 - b) username:run
 - c) password: xc
 - d) If they have any questions email 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

Each region will qualify 20% of the number of contestants that **start** the regional race to the state meet **inclusive** of those individuals that qualified as a team qualifier, with a minimum of 10 individuals qualifying from each region. Regular math rounding (.5 & up round up, below .5 round down) will apply.

**FINANCIAL REPORT
REGIONAL CROSS COUNTRY**

School _____

Class _____ Region _____ City _____ Date _____

RECEIPTS:

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

NUMBER ADMITTED WITH C&I CARD _____ (Attach Sign-In Form)

DISBURSEMENTS:

Director's Fee	\$ 100.00
Facility Rental	\$ _____
Custodians	\$ _____
Security	\$ _____
Ticket Takers/Sellers	\$ _____
Timers/Scorers/Computer Assistance	\$ _____
PA Announcer	\$ _____
Supplies (Postage, Stationary, 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.**

