

300 Cross Country

301 GOVERNING BODY

National Federation Rule book is the governing authority in cross-country. The State CIF, NCS or the MCAL may make some modifications.

302 GENERAL INFORMATION

1. Cross Country will be held in the fall for both boys and girls.
2. The league schedule will be a single round of dual, tri and quad meets scored as dual meets.
3. Meets will be scheduled on Thursday.
4. Starting times for meets will alternate each year. In even years girls will go first and in odd years boys will go first. First race starts 3:15.
5. Inclement weather: Home teams will be responsible for canceling meets due to inclement weather. All meets must be cancelled by 1:00pm.
6. Make up days will be the next available date that both schools are available.
7. **Only** the athletic director or a site administrator may cancel or reschedule a game.

303 OFFICIALS

Cross-country is a self officiated sport. During the league meet, there will be officials enforcing the rules.

304 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge cross-country. See general rules for admission price guidelines.

305 LEAGUE RULES & GUIDELINES

1. The home team shall be responsible for a starter, scorekeeper, course monitors, timers and rest rooms if needed.
2. The distance of the race shall be a maximum of 3.1 miles and not less than 2.5 miles for varsity and junior varsity races.
3. Seven members shall constitute a team in a League meet, but only the first five finishers from each school shall count in the team score. The sixth and seventh runners may be used to increase the opponent's score.
4. The runner finishing first shall earn one point, the second runner two points and so on.
5. The team with the lowest score will be the winner.
6. The home school shall communicate meet results to participating coaches and league office by the first school day after the meet is held.
7. Results shall be forwarded immediately to the Marin Independent Journal.
8. Each school competes with every other school.
9. League champion is determined by single round robin league meet.

10. Structure of the League Season:
 - Independent Event, Stinson Beach Relays
 - Three weeks in a row of league meets
 - One week off, no league meets
 - Two weeks of league meets
 - One week off, no league meets
 - MCAL Championship meet
11. The following adjustment may be made: If Mt. SAC Invitational meet falls during a league meet competition week, the attending schools will request that their ADs move their meet on Thursday to Wednesday to allow for the Friday competition. Opposing school will honor this request which needs to be made prior to the start of the league season.

305 PLAY-OFFS

1. A varsity league meet will be held at the end of the season.
2. Indian Valley College is the official site of the MCAL XC end of season competition. The map of the actual course is available from the MCAL office.
3. A rotation of school responsibilities will be handed out at the pre-season meeting.
4. Number of Competitors at the MCAL Championship Meet—A maximum of 150 total runners per gender may run in the championship meet. Each school is allowed a maximum of 15 runners. In the event that a school does not use their 15 allotted spaces, then the number of extra slots will be allotted to each school based on the MCAL T & F host school rotation.

307 TIE-BREAKING INFORMATION

There are no tie breaking procedures for standing in the regular season.

308 AWARDS & PENNANTS

1. After completion of the regular season play, the team with the best dual meet record in varsity competition will receive a pennant. If the winner of the league meet is a different team than the round robin winner, a pennant will be awarded to that winner also.
2. For the league meet, medals will be provided for the first ten finishers in varsity competition. The second ten finishers in the varsity competitions will receive ribbons.

309 ALL LEAGUE

1. First ten finishers shall be designated as first team all-league and receive medals.
2. Coaches may add additional names under extenuating circumstances as approved by the Commissioner.
3. The second ten finishers shall be designated second team all league and receive ribbons.