

# **MID PENN**

## ***CROSS COUNTRY GUIDELINES***

### **Length of game**

- Recommended course length is **5000 meters (3.1 miles)** for high school and **3200 meters (2 miles)** for junior high. Course is to be marked according to National Federation colors: **red-left, yellow-right, and blue-straight ahead.**

### **Uniforms**

- Uniforms are to conform to National Federation rules or as amended by the PIAA

### **Schedules**

- The Sports Chairperson/Committee provides schedules for a two year cycle. Schools may reschedule contests as needed based upon mutual consent of both schools.

### **Officials**

- A PIAA official is recommended but not required as a starter and finish judge.

### **Game Operation**

- Recommended starting time is 4:30 PM. The time may be changed by mutual consent.
- Meets shall be run according to National Federation Rules: Seven (7) runners shall be considered for the scoring of the run.
- Visiting teams that wish to walk the course must be present at least an hour prior to the contest or they forfeit this right.
- Meets that count in Divisional standings are to be scored as a dual meet.
- Races are to be run separately. Boys will run first followed by the girls.

### **Divisional Championship**

- Division champions will be determined by best won/loss record. If a tie exists co-champions will be recognized.

### **All-Star Selection**

- Medal winners at the MPC Championship Meets are designated as MPC All-Stars.

### **Postponement of Contests**

- Meets postponed are to be run the next day unless by **mutual** consent of both schools.

### **Reporting to media**

- The home school is responsible for reporting score to the media.

### **Seeding for Districts**

- The Mid Penn Conference Meet is NOT a District III qualifying meet.
- Schools are to follow District III entry into the District III Championship.

### **Conference Championship Meet**

- All runners certified as eligible by the schools may participate.
- A championship meet will be held at least seven (7) days prior to the District III Meet.
- There will be one boy's race and one girl's race.
- 35 medals will be awarded in each race.
- The boys and girls teams having the lowest team score will be declared champions.