



NMAA Virtual Cross Country Guidelines for the 2020-2021 Season



Updated as of October 13, 2020

All guidelines are subject to change per the Governor's orders.

1. Track Time Trial: [2mile, 3mile, 5k and or other distances] with each team running on their own track or a track that they are allowed to run.

These events could be:

--open for one week

--open for 1 day

2. Track Relay: [4x3200m (8 Laps), 3x1600m (4 Laps), and or others] with each team running on their own track or a track that they are allowed to run.

These events could be:

--open for one week

--open for 1 day

3. Loop Course Time Trial: [2mile, 3mile, 5k and or other distances] with each team running in their own city/town on a course that they are allowed to run.

--This competition could be specified as dirt/grass or paved to compare similar times

--A course could be as many loops as necessary, not just 1 5k loop.

--A loop/loops are created so that the course has very little altitude gain or loss. The goal would be to attempt to compare times from different parts of the state (example: a 1k loop in Hobbs compared to a 1k loop in Rio Rancho)

--This type of race could be run at the same time or open for a scheduled period

Results and Rules:

1. A "host school" would specify the regulations and time frame for an event.

2. A "host school" would invite as many schools as they would like

3. Host Schools would be responsible for gathering results and forwarding them back to the participating coaches.

4. Attending coaches would be responsible for hosting a safe event for their team based on the NMAA guidelines. (Pods, masks, ect.)

5. Attending coaches would be responsible for accurately running courses and or distances so that the competition is fair.

6. Attending coaches would be responsible for accurately recording times and reporting them to the host coach in a timely manner.