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**7.14 CROSS COUNTRY**

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**7.14.1 General Rules/Policies**

- A. Classes - There are four classes in both boys and girls: A-AA, AAA, AAAA and AAAAA.
- B. Practice Date - Practice may begin Monday of Week #7.
- C. Practice Days Requirement - Each team or individual must have at least five (5) days of practice before competing in a meet.
- D. Meet Limitations - Each team or individual is limited to eight (8) regular season meets, prior to the district meet in all classifications. This includes fun runs, road races, charity events, and any other paid or unpaid running events, etc.
- E. NMAA District Clinic - At least one head boys' team coach and one head girls' team coach from each declared cross country school must attend the NMAA district clinic at the NMHSCA Coaches Clinic or complete the district clinic online at [www.nmact.org](http://www.nmact.org) between August 1<sup>st</sup> and August 31<sup>st</sup>. Failure to comply shall result in a \$100 fine to the school per head coach which will be assessed on September 1<sup>st</sup>.
- F. Distance - The race or competition distance is three (3) miles for both boys and girls.
- G. Each state championship host site is mandated to host an open regular season meet prior to the state championships so that all schools have an opportunity to compete at the same location of the state championships. This meet must be conducted during Week #14 through Week #16. (Recommended for the 2006 season, required for the 2007 season)

**7.14.2 District Alignments 2006-2007/2007-2008**

***Class 5A – Cross Country***

**# of Schools 22**

District	District	District	District	District
1-5A	2-5A	3-5A	4-5A	5-5A
Cibola	Albuquerque High	Alamogordo	Carlsbad	Eldorado
Gallup	La Cueva	Gadsden	Clovis	Highland
Rio Rancho	Sandia	Las Cruces	Hobbs	Los Lunas
West Mesa	Santa Fe Valley	Mayfield		Manzano
		Oñate		Rio Grande

***Class 4A – Cross Country***

**# of Schools 22**

District	District	District	District	District
1-4A	2-4A	3-4A	4-4A	5-4A
Aztec	Bernalillo	Deming	Artesia	Albuq. Academy
Farmington	Capital	Santa Teresa	Goddard	Belen
Kirtland Central	Española Valley	Silver	Roswell	Del Norte
Piedra Vista	Los Alamos			Grants
Shiprock	Taos			Moriarty
				St. Pius

**Class 3A – Cross Country**

**# of Schools 23**

<b>District</b>	<b>District</b>	<b>District</b>	<b>District</b>	<b>District</b>
1-3A	2-3A	3-3A	4-3A	5-3A
Bloomfield	Pojoaque	Cobre	Dexter	Cuba
Crownpoint	Robertson		Lovington	Hope Christian
Newcomb	Santa Fe Indian		NMMI	Laguna
Tohatchi	St. Michael's		Ruidoso	Sandia Prep
Wingate	West Las Vegas			Thoreau
Zuni				

**Class 1A-2A – Cross Country**

**# of Schools 31**

District	District	District	District	District
1	2	3	4	5
Cimarron	Coronado	Gallup Catholic	Capitan	Alamo-Navajo
Des Moines	Desert Academy	Navajo Pine	Cloudcroft	Bosque School
Maxwell	Española Military	Navajo Prep	Gateway Christian	East Mountain
Mora	Jemez Valley	Rehoboth	Mescalero	
Peñasco	McCurdy	Tse'Yi'Gai	Valley Christian	
	Mesa Vista			
	Santa Fe Prep			
	Santa Fe Waldorf			

District	District
6	7
Estancia	Pine Hill
Pecos	Ramah
Santa Rosa	To'Hajiilee
Tucumcari	Quemado

**7.14.3 District Meet**

- A. The district meets are held on Friday or Saturday of Week #18.
- B. Number Qualifying for State Championships.

District meets qualify the top three (3) teams in each district plus the top ten (10) individuals to the State Championships in all classes.

**7.14.4 State Championships Entry Procedures**

Entries must be correctly submitted prior to Sunday of Week #19 at 10:00 a.m. District hosts are responsible for submitting the results using the proper form and electronically sending them to the NMAA office. A \$500 fine will be imposed to the district host who does not send in the meet results prior to the deadline.

**7.14.5 State Championships**

- A. A mandatory meeting will be held the Friday of Week #19 which must be attended by a team representative. Failure to attend without proper communication to the Event Director will result in sanctions at the discretion of the Executive Director.
- B. State championships are held on the Saturday of Week #19.
- C. Distance: The race or competition is three (3) miles for both boys and girls.