

---

## 7.14 CROSS COUNTRY

---

### 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.
- F. **Championship Host Site** - 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 2008-2009/2009-2010

#### ***Class 5A – Cross Country***

***# of Schools 23***

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

#### ***Class 4A – Cross Country***

***# of Schools 26***

District	District	District	District	District	District 6
1-4A	2-4A	3-4A	4-4A	5-4A	6-4A
Aztec	Bernalillo	Chaparral	Artesia	ABQ. Academy	Atrisco Heritage
Farmington	Capital	Deming	Goddard	Del Norte	Belen
Kirtland Central	Española	Santa Teresa	Roswell	Moriarty	Grants
Piedra Vista	Los Alamos	Silver		Valencia	St. Pius
Shiprock	Taos				Volcano Vista

### **Class 3A – Cross Country**

**# of Schools 23**

District	District	District	District
1-3A	2-3A	3-3A	4-3A
Bloomfield	Pojoaque	Cobre	Cuba
Crownpoint	Robertson	Dexter	Hope Christian
Miyamura	SF Indian	Lovington	Laguna Acoma
Newcomb	St. Michael's	NMMI	Sandia Prep
Tohatchi	W Las Vegas	Ruidoso	Thoreau
Wingate		Socorro	
Zuni			

### **Class 1A-2A – Cross Country**

**# of Schools 40**

District	District	District	District	District
1	2	3	4	5
Cimarron	Acad. For Tech.& Classics	Gallup Catholic	Cloudcroft	Coronado (boys only)
Des Moines	Desert Academy	Navajo Pine	Gateway Christian	Pecos
Maxwell (boys only)	McCurdy	Navajo Prep	Hagerman	Santa Rosa
Mora	Mesa Vista	Rehoboth	Mescalero	Tucumcari
Peñasco	Santa Fe Prep	Shiprock NW (boys only)	Mesilla Valley	
		Tse'Yi'Gai	Valley Christian	

District	District
6	7
Alamo Navajo	Bosque School
Ramah	East Mountain
To'Hajiilee	Estancia
	Foothill
	Jemez Valley
	Walatowa

#### **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 three (3) individual district meet finishers from non-qualifying teams to the State Championships in all classes.

**\*All runners finishing in the top ten (10) at the district meet qualify for the State Championships regardless.**

#### **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**

**Mandatory Meeting** - 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.

**Date** - State championships are held on the Saturday of Week #19.

**Distance:** The race or competition is three (3) miles for both boys and girls.