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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/2A, 3A, 4A, and 5A.
- 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 Rules Clinic** - At least one head boys' team coach and one head girls' team coach from each declared cross country school must attend the NMAA rules clinic at the NMHSCA Coaches Clinic or complete the rules clinic online at [www.nmact.org](http://www.nmact.org) between August 1<sup>st</sup> and August 15<sup>th</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 between 1.5 and 3.1 miles for both boys and girls.
- G. **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 between Week #14 and Week #16.

### 7.14.2 District Meet

- A. The district meets are held on Friday or Saturday of Week #18.
  - B. Number Qualifying for State Championships
    - 1. 3A-5A – District meets qualify the top three (3) teams in each district and the top three (3) individual district meet finishers from non-qualifying teams to the State Championships.
    - 2. A/2A – District meets qualify the top six (6) teams in each district and the top four (4) individual district meet finishers from non-qualifying teams to the State Championships.
- \* Note: All runners finishing in the top ten (10) at the district meet qualify for the State Championships with the exception of those finishing 8<sup>th</sup> or 9<sup>th</sup> on their team.
- C. Teams are allowed to enter a maximum of nine (9) runners in the Pre-State and District Meet (only). At all other varsity meets, teams are limited to seven (7) runners.

### 7.14.3 State Championships Entry Procedures

Entries must be correctly submitted prior to Sunday of Week #19 by 4:00pm. 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.

### 7.14.4 State Championships

- A. **Date** - State championships are held on the Saturday of Week #19.
- B. **Distance:** The race or competition is between 1.5 and 3.1 miles for both boys and girls.