



CROSS COUNTRY

GENERAL

CLASSIFICATION: A, AA, AAA, AAAA.

DATE OF FIRST PRACTICE: No earlier than August 1.

PRESEASON SCRIMMAGES: Schools are allowed two preseason varsity scrimmages. These scrimmages must be conducted as events open to the public (no closed scrimmages allowed). Multiple team scrimmages are allowed. Junior varsity scrimmages are allowed in conjunction with varsity scrimmages at the same date and site.

DATE OF FIRST CONTEST: No earlier than August 19.

NUMBER OF REGULAR SEASON CONTESTS: No more than three may be scheduled per week. An individual is limited to one contest a day (no season limit).

ELIGIBILITY SHEETS: Should be kept on file at the local school. Must be made available to NCHSAA upon request, and are required to be shared among conference members.

PRACTICE RULE: Men and women runners may practice together, individually, or as a team; however, if the women run with or against men in any regular season meet, they are regarded as members of the men's team and are not eligible to compete in a women's cross country meet (regular season, regional or state). Separate men's and women's races may have the same starting times and may be over the same course if the meet director so chooses, provided the scoring is kept separately.

SPLIT SQUAD RULE: This regulation prohibits dividing or splitting a team. A school may have a varsity and a junior varsity team, for instance, and members may move between those teams; however, one cannot split one of those squads and send runners to different meets.

INCLEMENT/HOT WEATHER GUIDELINES: Precautions must be taken to prevent heat-related problems. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn, and environmental conditions. High temperature and high humidity create a dangerous situation for athletes. However, a high humidity and low temperature can cause serious heat-related problems.

Water should be made available in unlimited amounts throughout practice. Water/fluid replacement breaks are recommended each 20 or 30 minutes, depending on practice conditions. Each LEA must have a written policy pertaining to practice on days of extreme heat or early dismissal due to extreme weather conditions. Schools must also have a policy in place regarding lightning. In addition to these guidelines, schools must have a plan/procedure for all emergency situations. See chart at end of Sports section.

REGIONALS

UNPAID FINES: Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport.

Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

DATE: Regionals are October 26, 2013.

REGIONAL ASSIGNMENTS: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA web site.

Go to www.nchsaa.org, and click on the link for cross country information. Please note that changes may occur in sites, times, etc., even near the scheduled event, so check shortly before the appropriate date to make sure there are no last minute changes.

ENTRIES: The regional directors should receive entries no later than 3:00 pm, October 18. Regional directors, site information and Race Tab entry instructions can be found on the cross country page of the NCHSAA website. Directors may call schools who have failed to send in entries by the deadline. Late entries may be submitted to the NCHSAA and must be in by 9 am the Monday prior to the regional. Use the form on the NCHSAA website. A \$50 late fee will be assessed for each individual entry. No entries after this will be accepted.

There is a maximum entry of seven individuals per school.

RACE FORMAT: Men will run the first race, followed by the women. The prescribed course distance for both men and women is 5,000 meters.

UNIFORM: Each team member shall wear the same color and design school-issued uniform (jersey or trunks). A competitor shall wear the assigned contestant number, when numbers are used. For illegal uniforms, the competitor is disqualified from the event (from National Federation rules).

COACHES' MEETING: Each playoff site is responsible for conducting a coaches' meeting prior to the start of the race to verify entries and announce substitutions. Failure to announce substitutions at the meeting may result in disqualification of the substitute runner.

REGIONAL SITE DETERMINATION: At the regional meet a meeting of coaches must be held to select a site and a director for the upcoming season. This is a mandatory meeting that will be conducted by the current regional director. The current director will then notify the NCHSAA office within 10 days after the completion of the tournament, of the host school and director for the next season.

SUPERVISION: All individuals participating in state playoff competition must be properly supervised or will not be allowed to participate. Coaches are responsible for seeing that team members remain at the site and are supervised at all times.

QUALIFIERS TO STATE: The top four teams in each classification from each regional will qualify to the state meet. Team scores will be based on a school's five best performers. In addition, the top five individuals not on a qualifying team will advance from each regional to the state. A school that qualifies a team may bring seven approved students to the state meet; however, there may be no substitutes among those who qualify as individuals.

AWARDS: Regional champion and runner-up team plaques and awards for the top three individual finishers will be given.

TEAM SCORES: Team points will be decided by the position each runner attains against other teams, not including individual runners. Individuals get credit for their finishes, but places are not counted against team scores.

EXPENSES: Each team will bear its own expenses to the regionals.

STATE CHAMPIONSHIPS

DATE AND SITE: The state championships will be held on November 2 at Beeson Park in Kernersville.

RACE TIMES: 3A Men 10:00 a.m.; 3A Women 11:00 a.m.
 1A Men 10:30 a.m.; 1A Women 11:30 a.m.
 4A Men 3:00 p.m.; 4A Women 4:00 p.m.
 2A Men 3:30 p.m.; 2A Women 4:30 p.m.

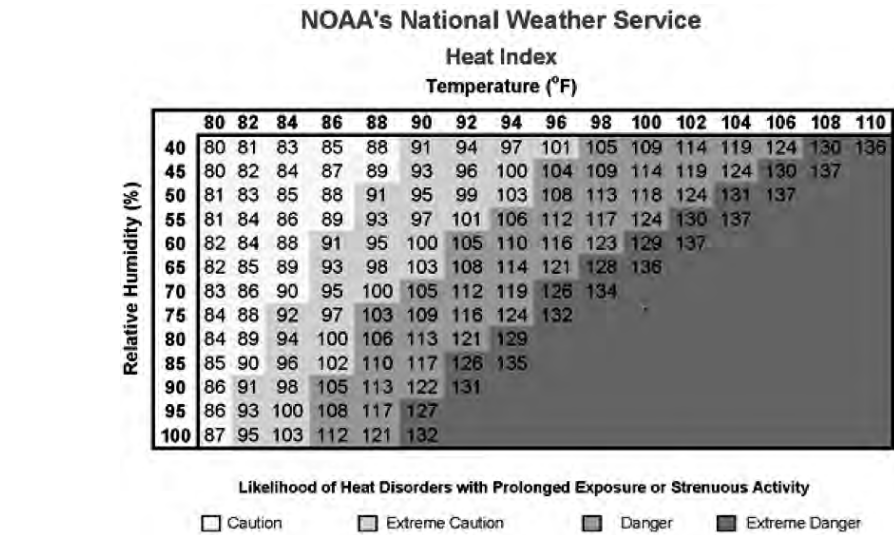
ADMISSION: \$6.00 for all (includes one dollar surcharge for the Endowment). A facility parking fee will be added.

Hot Weather Management, Prevention Guidelines and Recommendations

1.Measure WBGT reading if this can be done accurately onsite. If not, determine this from weather station or reliable airport site within 5 to 10 miles of practice site. If WBGT is not available, determine temperature in F/C and Relative Humidity and refer to the following Heat Index Chart:

Heat Index and Physical Exercise Chart		
WGBT Index (F)	Color Code	Athletic Activity Guideline
Less than 80	White	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)
80-84.9	Green	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)
85-87.9	Yellow (Amber)	New or unconditioned athletes should not practice. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have immersion pool on site for practice.
88-89.9	Red	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have immersion pool on site for practice.
90 or above	Black	SUSPEND PRACTICE

- 2.As temperatures increase, minimize clothing and equipment.
- 3.Provide unlimited drinking opportunities during hotter practices. NEVER withhold water from athletes.
- 4.If and when possible, pre and post-practice weigh-ins should be conducted. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice. These athletes should be counseled on the importance of re-hydrating.)



TEAM SCORES: Same format as regional.

COACHES' MEETING: 9:15 a.m. (1A, 3A), the day of the championship; 2:15 p.m. (2A, 4A) the day of the championship.

AWARDS: The winning team and individuals will be given plaques, as will the runner-up team and individuals. Members of the winning and runner-up teams, and the individual third and fourth place finishers, will also receive medals.

TEAM EXPENSES: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.

2013-14 CROSS COUNTRY REGIONAL ASSIGNMENTS

Please refer to the NCHSAA website (www.nchsaa.org) for the most current information about regional assignments, sites, directors, dates, and times.

Note that changes can occur even near the scheduled event, so check shortly before the appropriate date of competition to make sure there are no last-minute changes.

