

CROSS COUNTRY

DATE FOR STATE CROSS COUNTRY MEET

All Classes.....October 24

I - GENERAL RULES AND REGULATIONS

- (1) The Montana High School Association will promote, provide for and control all interschool cross country activities among member schools for both boys and girls.
- (2) All cross country meets shall be conducted under the Cross Country Rules of the National Federation except when modified by the Association Rules.
- (3) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any meets may be held.
- (4) No individual shall compete in any Association contest until he/she has a minimum of ten (10) days of cross country practice and at least one practice session per day on ten (10) different days (no practice permitted on Sunday), prior to the date of the first allowable contest. The cross country season for both boys and girls officially closes with the end of the state meet.

If a student begins his/her ten days of required practices and that period of days is interrupted by sickness, injury or academic ineligibility for a period of two weeks, then the student shall be required to practice an additional five (5) days and in cases of sickness or injury to produce a doctor's release.

- (5) No student shall participate in more than ten (10) meets excluding Association sponsored meets.

For an athlete to be eligible to compete in the State Cross Country Meet he/she must compete in at least two (2) Association sanctioned meets during the regular cross country season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from this rule. The high school for which the student will participate must file a request with the MHSA Executive Director for consideration of a waiver of this rule.

- (6) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

- (7) Interstate Meets: Any interstate meet must be sanctioned as set forth in Rule 15 in the Association General Rules and Regulations before any member school may participate.
- (8) All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, profanity or other inappropriate messages at cross country meets. It is the responsibility of coaches and meet directors to ensure that inappropriate

apparel be removed. Participants who fail to remove inappropriate apparel on request to do so shall be disqualified from participation in the meet.

- (9) Event Programs, Concessions and Corporate Sponsors
 - A. The program rights for all state meets will be the responsibility of the MHSA Executive Board.
 - B. The concession rights for any state meet must be approved by the Executive Director. Concession rights include but are not limited to t-shirts, other apparel, photos, buttons etc.
 - C. Corporate sponsorship of any post season event is the responsibility of the MHSA Executive Board and requires Board approval. Exceptions are: a) program advertisements and b) signage or announcements acknowledging the receipt of donated goods including food or beverages for the hospitality room, the use of tents at outdoor events, or the use of other equipment necessary for staging the event. Signage should be placed only in the appropriate areas; i.e. on the tents or in the hospitality room/area.

Established facility sponsorships are not affected provided that MHSA corporate sponsorship requirements are met.
- (10) The MHSA prohibits any use and/or possession of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.
- (11) A state cross country meet participant may only wear one watch during competition. The watch must be unadorned and may be worn only on the wrist.

II – CLASS AA CROSS COUNTRY - BOYS AND GIRLS

- (1) Fourteen (14) schools are classified as Class AA. The schools are aligned in one division as follows:

Billings Senior	Flathead (Kalispell)
Billings Skyview	Glacier (Kalispell)
Billings West	Helena
Bozeman	Helena Capital
Butte	Missoula Big Sky
Great Falls	Missoula Hellgate
Great Falls CMR	Missoula Sentinel

III – CLASS A CROSS COUNTRY - BOYS AND GIRLS

- (1) **Twenty-two (22)** schools are classified as Class A. The schools are aligned in one division as follows:

Anaconda	+Corvallis/Victor	Laurel
Beaverhead Co. (Dillon)	Custer Co. (Miles City)	Libby
Belgrade	Dawson Co. (Glendive)	Park (Livingston)
Billings Central	Fergus (Lewistown)	Polson
Browning	Frenchtown	Ronan
Butte Central	Hamilton	*Sidney
Columbia Falls	Hardin	Whitefish
	Havre	

*Girls only
+Cooperative Sponsorship for Boys only-Corvallis has a separate girls' team

IV – CLASS B CROSS COUNTRY - BOYS AND GIRLS

- (1) **Thirty-two (32)** schools comprising **thirty-one (31)** teams are classified as Class B. The schools are aligned in one division as follows:

Bigfork	Lame Deer	Red Lodge
Broadwater (Townsend)	Lincoln Co. (Eureka)	Rocky Boy
*Cascade	Lodge Grass	Shelby
Colstrip	Loyola Sacred Heart	Sweet Grass Co. (Big
Columbus	(Missoula)	Timber)
Cut Bank	*Malta	Thompson Falls
Darby	Manhattan	Three Forks
+Glasgow/Opheim	Manhattan Christian	Valley Christian
Harlem	Plains	Whitehall
Huntley Project (Worden)	Poplar	Wolf Point
Jefferson (Boulder)	Powell Co. (Deer Lodge)	

* Girls Only

+Cooperative Sponsorship for girls only –Glasgow has separate boys' team.

V – CLASS C CROSS COUNTRY - BOYS AND GIRLS

- (1) **Thirty-three (33)** schools comprising **twenty-nine (29)** teams are classified as Class C. The schools are aligned in one division as follows:

Arlee	Granite (Philipsburg)	Plenty Coups (Pryor)
Augusta	Great Falls Central	+Rapelje
* Belfry	Harrison	Ryegate
**Belt/Centerville	Hays-Lodgepole	St. Labre (Ashland)
Brockton	Heart Butte	Twin Bridges
*Circle	Joliet	Valier
Culbertson	Lincoln	+Victor
**Dodson/Whitewater	+++Lone Peak (Big Sky)	+Willow Creek
Drummond	+Melstone	++Winnett/Melstone/Grass
Ennis	Northern Cheyenne	Range
Frazer	(Busby)	
Gardiner		

* Girls Only

+Boys Only

**Cooperative Sponsorship for boys and girls.

++Cooperative Sponsorship for girls – Winnett/Melstone/Grass Range. Cooperative Sponsorship for boys – Winnett/Grass Range only.

+++JV only for boys and girls

VI - STATE MEETS

- (1) The Executive Board shall be responsible for staging the state cross country meet for all four classes. They shall determine the sites, set the dates and appoint the state cross country meet managers. The managers shall be responsible to the Executive Board to conduct the state cross country meets in accordance with the rules of the Montana High School Association.
 - (2) Judges and other meet officials shall be selected by the meet managers subject to the approval of the Executive Board.
 - (3) Each member school may send a boys and/or girls team to the state meet.
- A. Classification:

The State Cross Country Meet for boys and girls will be run in four classifications, namely, AA, A, B and C, the same as basketball classifications.

B. Distance:

Boys — Three (3) miles. Girls — Three (3) miles.

C. Scoring:

Team — Total points scored by the first five (5) contestants of a team will count as the team score for Classes AA, A and B. Total points scored by the first three (3) contestants of a team will count as the team score for Class C.

Individual — If fewer than five (5) contestants per school participate in Classes AA, A and B, and fewer than three (3) contestants per school participate in Class C, contestants may compete for individual honors.

If a school enters the state meet and does not have the minimum number of runners for team's honors consideration, then the individual(s) from the incomplete team that placed holds his/her spot and no one moves up. This means that the place a runner finishes in a race remains frozen and another team's individual cannot move into that position.

D. Order of Competition:

Each classification's boys and girls races will alternate in the order of competition with the boys and girls races of another classification.

2009-2010	2010-2011	2011-2012	2012-2013
A-Boys	C-Girls	B-Boys	A-Girls
B-Boys	AA-Girls	C-Boys	B-Girls
A-Girls	C-Boys	B-Girls	A-Boys
B-Girls	AA-Boys	C-Girls	B-Boys
C-Boys	A-Girls	AA-Boys	C-Girls
AA-Boys	B-Girls	A-Boys	AA-Girls
C-Girls	A-Boys	AA-Girls	C-Boys
AA-Girls	B-Boys	A-Girls	AA-Boys
2013-2014	2014-2015	2015-2016	2016-2017
AA-Boys	AA-Girls	C-Boys	B-Girls
A-Boys	A-Girls	AA-Boys	C-Girls
AA-Girls	AA-Boys	C-Girls	B-Boys
A-Girls	A-Boys	AA-Girls	C-Boys
B-Boys	B-Girls	A-Boys	AA-Girls
C-Boys	C-Girls	B-Boys	A-Girls
B-Girls	B-Boys	A-Girls	AA-Boys
C-Girls	C-Boys	B-Girls	A-Boys

E. Rule 9 of the current edition of the National Federation Track and Field/Cross Country Rules will be followed for boys and girls cross country state meets except when modified by the Association Rules.