

# CROSS COUNTRY

## DATE FOR STATE CROSS COUNTRY MEET

All Classes.....October 22

### 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 MHSAA Executive Director for consideration of a waiver of this rule.

***Also, athletes must meet a qualifying time in at least one regular season cross country meet prior to participation in the State Cross Country Meet. The minimum qualifying times are: 30.00 minutes for boys and 35.00 minutes for girls. Athletes who do not meet the required performance time at least once during regular season competition are not eligible for participation at the state meet and cannot be entered as a team member or alternate.***

- (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 16 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) **Fifteen schools** comprising fourteen (14) teams 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/ <b>Florence-Carlton</b>
Great Falls	Missoula Hellgate
Great Falls CMR	Missoula Sentinel

\*Cooperative Sponsorship for Boys and Girls

### III – CLASS A CROSS COUNTRY - BOYS AND GIRLS

- (1) **Twenty-four (24)** schools comprising **twenty-one (21)** teams are classified as Class A. The schools are aligned in one division as follows:

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

\*Girls only

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

\*\*Cooperative Sponsorship for Boys and Girls

### IV – CLASS B CROSS COUNTRY - BOYS AND GIRLS

- (1) Thirty-two (32) schools comprising **thirty (30)** teams are classified as Class B. The schools are aligned in one division as follows:

Bigfork	Lame Deer	Powell Co. (Deer Lodge)
Broadwater (Townsend)	Lincoln Co. (Eureka)	Red Lodge
Colstrip	Lodge Grass	Rocky Boy
Columbus	Loyola Sacred Heart	<b>Ronan</b>
Cut Bank	(Missoula)	Shelby
+Glasgow/Opheim	*Malta	St. Ignatius
Harlem	Manhattan	Sweet Grass Co. (Big Timber)
Huntley Project (Worden)	Plains	Thompson Falls
Jefferson (Boulder)	**Plentywood/ <b>Westby</b>	Three Forks
<b>Joliet</b>	Poplar	Whitehall
		Wolf Point

\* Girls Only

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

\*\*Cooperative Sponsorship for Boys and Girls

### V – CLASS C CROSS COUNTRY - BOYS AND GIRLS

- (1) **Thirty-nine (39)** schools comprising **thirty-four (34)** teams are classified as Class C. The schools are aligned in one division as follows:

Arlee	Frazer	Northern Cheyenne (Busby)
Augusta	<b>Fromberg</b>	Plenty Coups (Pryor)
**Belt/Centerville	Gardiner	Ryegate
Brockton	Great Falls Central	St. Labre (Ashland)
* <b>Cascade</b>	Harrison	Twin Bridges
*Circle	Hays-Lodgepole	Two Eagle River (Pablo)
**Culbertson/Bainville	Heart Butte	Valier
<b>Darby</b>	<b>Hobson</b>	Willow Creek
**Dodson/Whitewater	<b>Hot Springs</b>	+Winnett/Melstone/Grass
Drummond	Lincoln	Range
Ennis	<b>Manhattan Christian</b>	

\* Girls Only

+Cooperative Sponsorship for girls only. Winnett and Grass Range have a separate boys' cooperative sponsorship.

\*\*Cooperative Sponsorship 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.

<b>2011-2012</b>	<b>2012-2013</b>	<b>2013-2014</b>	<b>2014-2015</b>
B-Boys	A-Girls	AA-Boys	AA-Girls
C-Boys	B-Girls	A-Boys	A-Girls
B-Girls	A-Boys	AA-Girls	AA-Boys
C-Girls	B-Boys	A-Girls	A-Boys
AA-Boys	C-Girls	B-Boys	B-Girls
A-Boys	AA-Girls	C-Boys	C-Girls
AA-Girls	C-Boys	B-Girls	B-Boys
A-Girls	AA-Boys	C-Girls	C-Boys
<b>2015-2016</b>	<b>2016-2017</b>	<b>2017-2018</b>	<b>2018-2019</b>
C-Boys	B-Girls	A-Boys	C-Girls
AA-Boys	C-Girls	B-Boys	AA-Girls
C-Girls	B-Boys	A-Girls	C-Boys
AA-Girls	C-Boys	B-Girls	AA-Boys
A-Boys	AA-Girls	C-Boys	A-Girls
B-Boys	A-Girls	AA-Boys	B-Girls
A-Girls	AA-Boys	C-Girls	A-Boys
B-Girls	A-Boys	AA-Girls	B-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.

4. ***Each MHSА cross country school is required to share proportionally in the cost of the state cross country meet by paying a fee per qualifying participant. This fee will be set by the MHSА Executive Board prior to the event in relation to the projected expenses bid by the successful site when the state sites are determined. For the 2011 State Cross Country Meet a \$5.00 fee per participant has been established. [Alternates are not considered participants.]***