

## CROSS COUNTRY Policies & Pairings

### State Qualifying Process

The 6A and 5A classifications will utilize a Divisional Round qualifying meet for the purpose of state qualifying. The 1A-4A classifications will continue to utilize the region meet as a state qualifying meet.

### Divisional Information

When registering for the Divisional Race, teams must declare the top-seven varsity runners for both boys' and girls', plus two alternates for each gender. These must be submitted within the registration window that is set by the Divisional Meet management.

### Substitution Rule

When need to substitute a runner in your top-seven, the substitute must have been submitted on your roster in the time period set by the Divisional Meet management.

### State Championship Roster

The seven runners who ran in the Divisional Meet will be the runners who compete in the State Final meet. Substitutions for the state meet will be done within the preestablished rules for substitution for state.

### 6A SCHOOLS

9 teams and the top-6 individuals from non-qualifying teams from each divisional section will advance to the State meet. Regions 1 and 3 will send their odd number finishing teams to section A and their even-numbered finishing teams to section B. Regions 2 and 4 would send odd number teams to section B and even-number teams to section A. The region splits will alternate each year.

### 5A SCHOOLS

10 teams and the top-6 individuals from non-qualifying teams from each divisional section will advance to the State meet. Regions 5 and 7 will send their odd number finishing teams to section A and their even-numbered finishing teams to section B. Regions 6 and 8 would send odd number teams to section B and even-number teams to section A. The region splits will alternate each year.

### 4A SCHOOLS

All 4A teams will qualify for state. Teams must have a minimum of 5 runners with a maximum of 7 runners.

### 3A, 2A and 1A SCHOOLS

50% of full teams (5-7 members) competing in the region meet will qualify. For scoring purposes, a team in 1A will consist of four (4) runners and a maximum of seven (7) runners. A region with an odd number of teams competing shall round up the number of qualifying teams, 2 out of 3, 3 out of 5, 4 out of 7, etc. The following individuals will also qualify:

1. The top 3 individual finishers at the region meet who are not on a qualifying team.
2. Any individual who is not on a qualifying team and who did not qualify through item 1 who finishes in the top 10 overall at the region meet.

In 2A and 3A, 50% of full teams (5-7 members) competing in the region meet will qualify. In 1A, every team that finishes a region meet with a full team (minimum of four runners) will qualify for the state meet. For scoring purposes, a team in 1A will consist of four (4) runners and a maximum of seven (7) runners. All regions in 1A-3A will be guaranteed a minimum of three qualifying teams.

**Substitutions:** Individuals not on qualified teams may NOT be substituted for. Once a team qualifies at Region, individuals on that qualified team may be substituted for the State meet. Names of competitors in the State Meet should be entered on a school's entry to the State Meet.

***A team consists of a minimum of five runners and a maximum of seven runners.***

***No practice is allowed at the site of the state meet within two (2) weeks of the state competition. This includes walking the course as a team or as an individual. No cross country meets shall be held at The Regional Athletic Complex other than state meets (with the single exception of a single meet hosted by the COACHES ASSOCIATION).***