

## **CROSS COUNTRY (GIRLS AND BOYS)**

### **Regional Meet**

1. The Board of Directors will be responsible for the selection of site, time, date (Week 16) and meet directors.
2. **Director's Responsibilities**
  - a. You are acting as the WVSSAC representative: therefore, please ensure that rules and regulation are followed.
  - b. Arrange for all needed support personnel (games committee, referee, starter, clerk of the course, finish judge, chute inspectors, checkers, course inspectors, timers and marshall (**Check Track and Field Rules - National Federation**)).
  - c. It is recommended that a trainer or physician be present for the meet.
  - d. It is recommended that water be available at the finish.
  - e. All expenses after gate receipts will be shared by all participating schools.
  - f. If admission is charged, the established price will be: \$6.00 - Adults; \$5.00 - Students.
  - g. Items to be discussed in the pre-race meeting are listed here and in The Interscholastic.
    - 1) The course is 5,000 meters.
    - 2) A team shall consist of at least 5 and no more than 7 runners. In order for a team to count in any meet, at least 5 members must finish the event.
    - 3) A school must have competed in no fewer than 5 regularly scheduled interscholastic meets.
    - 4) Each school must have a contestant uniform for its participants.
    - 5) Participants cannot wear sunglasses, caps, or jewelry (earrings, rings, necklaces, etc.). Also, they cannot have an object such as straw, pencil, or other objects in or about the mouth.
    - 6) Sportsmanship: Student participation in an athletic contest is a privilege. Each student athlete is expected to conduct himself or herself in an exemplary manner while competing.
    - 7) No team or individual will be allowed to compete unless accompanied by a faculty representative. Unaccompanied participants will be disqualified.
    - 8) Results from individuals and teams must be turned in to the official scorer no later than 10 minutes after the completion of the race. Failure to comply will result in disqualification of team or individual.
    - 9) A registered track official or a games committee appointed to resolve disputes during meet.

10) Please check on medical transportation and first aid availability.

11) Other items as needed.

h. At the conclusion of the meet you will:

1) Score the meet according to National Federation Track and Field Rule Book.

2) The Regional results are to be reported ONLINE ONLY. Directors need to access the website at:

a) [www.wvcrosscountry.com](http://www.wvcrosscountry.com)

b) username:run

c) password: xc

d) If they have any questions email [wvstatemeet@gmail.com](mailto:wvstatemeet@gmail.com)

### 3. **State Qualifiers**

#### A. Teams (Boys and Girls)

Regions with the following number of teams who start the regional race will qualify the indicated number of teams.

1 - 3 teams - 1 qualifier

4 - 6 teams - 2 qualifiers

7 - 9 teams - 3 qualifiers

10 plus teams - 4 qualifiers

#### B. Individuals

Individuals in the region who finish in the top ten (10) inclusive of the qualifying teams will qualify for the state meet.

**REPORT OF REGIONAL CROSS COUNTRY MEET**

HELD AT \_\_\_\_\_  
OCTOBER \_\_\_\_\_

**CLASS AAA ---- CLASS AA-A**  
(Please Indicate)

| (1)<br>Schools Participating | Number of Boys<br>On Each Team | Schools Participating | Number of Boys<br>On Each Team |
|------------------------------|--------------------------------|-----------------------|--------------------------------|
| _____                        | _____                          | _____                 | _____                          |
| _____                        | _____                          | _____                 | _____                          |
| _____                        | _____                          | _____                 | _____                          |
| _____                        | _____                          | _____                 | _____                          |
| _____                        | _____                          | _____                 | _____                          |

(2) Team Results  
Official  
Use Only

Official  
Use Only

|                       |                        |
|-----------------------|------------------------|
| _____ 1st Place _____ | _____ 6th Place _____  |
| _____ 2nd Place _____ | _____ 7th Place _____  |
| _____ 3rd Place _____ | _____ 8th Place _____  |
| _____ 4th Place _____ | _____ 9th Place _____  |
| _____ 5th Place _____ | _____ 10th Place _____ |

List the names of qualifying teams on the back of this form.

(3) Individuals Results  
Official  
Use Only

| Name                   | Grade | School |
|------------------------|-------|--------|
| _____ 1st Place _____  | _____ | _____  |
| _____ 2nd Place _____  | _____ | _____  |
| _____ 3rd Place _____  | _____ | _____  |
| _____ 4th Place _____  | _____ | _____  |
| _____ 5th Place _____  | _____ | _____  |
| _____ 6th Place _____  | _____ | _____  |
| _____ 7th Place _____  | _____ | _____  |
| _____ 8th Place _____  | _____ | _____  |
| _____ 9th Place _____  | _____ | _____  |
| _____ 10th Place _____ | _____ | _____  |

Signed \_\_\_\_\_  
Director

**Please make three copies.**  
**FAX one copy to the WVSSAC at 304-428-5431, one to the State Meet Director Steve Lovejoy at 304-743-7577 and one to Tom Plummer at 304-733-9479.**

List only those schools that qualify for the State Meet.

1st Place Team \_\_\_\_\_ High School

Official  
Use Only

Name

Grade

|       |   |       |       |
|-------|---|-------|-------|
| _____ | 1 | _____ | _____ |
| _____ | 2 | _____ | _____ |
| _____ | 3 | _____ | _____ |
| _____ | 4 | _____ | _____ |
| _____ | 5 | _____ | _____ |
| _____ | 6 | _____ | _____ |
| _____ | 7 | _____ | _____ |

2nd Place Team \_\_\_\_\_ High School

Name

Grade

|       |   |       |       |
|-------|---|-------|-------|
| _____ | 1 | _____ | _____ |
| _____ | 2 | _____ | _____ |
| _____ | 3 | _____ | _____ |
| _____ | 4 | _____ | _____ |
| _____ | 5 | _____ | _____ |
| _____ | 6 | _____ | _____ |
| _____ | 7 | _____ | _____ |

3rd Place Team \_\_\_\_\_ High School

Name

Grade

|       |   |       |       |
|-------|---|-------|-------|
| _____ | 1 | _____ | _____ |
| _____ | 2 | _____ | _____ |
| _____ | 3 | _____ | _____ |
| _____ | 4 | _____ | _____ |
| _____ | 5 | _____ | _____ |
| _____ | 6 | _____ | _____ |
| _____ | 7 | _____ | _____ |

4th Place Team \_\_\_\_\_ High School

Name

Grade

|       |   |       |       |
|-------|---|-------|-------|
| _____ | 1 | _____ | _____ |
| _____ | 2 | _____ | _____ |
| _____ | 3 | _____ | _____ |
| _____ | 4 | _____ | _____ |
| _____ | 5 | _____ | _____ |
| _____ | 6 | _____ | _____ |
| _____ | 7 | _____ | _____ |

**REPORT OF REGIONAL CROSS COUNTRY MEET**

HELD AT \_\_\_\_\_  
OCTOBER \_\_\_\_\_

**CLASS AAA ---- CLASS AA-A**  
(Please Indicate)

| (1)<br>Schools Participating | Number of Girls<br>On Each Team | Schools Participating | Number of Girls<br>On Each Team |
|------------------------------|---------------------------------|-----------------------|---------------------------------|
| _____                        | _____                           | _____                 | _____                           |
| _____                        | _____                           | _____                 | _____                           |
| _____                        | _____                           | _____                 | _____                           |
| _____                        | _____                           | _____                 | _____                           |
| _____                        | _____                           | _____                 | _____                           |

(2) Team Results

| Official<br>Use Only |                 | Official<br>Use Only |                  |
|----------------------|-----------------|----------------------|------------------|
| _____                | 1st Place _____ | _____                | 6th Place _____  |
| _____                | 2nd Place _____ | _____                | 7th Place _____  |
| _____                | 3rd Place _____ | _____                | 8th Place _____  |
| _____                | 4th Place _____ | _____                | 9th Place _____  |
| _____                | 5th Place _____ | _____                | 10th Place _____ |

List the names of qualifying teams on the back of this form.

(3) Individuals Results

| Official<br>Use Only | Name             | Grade | School |
|----------------------|------------------|-------|--------|
| _____                | 1st Place _____  | _____ | _____  |
| _____                | 2nd Place _____  | _____ | _____  |
| _____                | 3rd Place _____  | _____ | _____  |
| _____                | 4th Place _____  | _____ | _____  |
| _____                | 5th Place _____  | _____ | _____  |
| _____                | 6th Place _____  | _____ | _____  |
| _____                | 7th Place _____  | _____ | _____  |
| _____                | 8th Place _____  | _____ | _____  |
| _____                | 9th Place _____  | _____ | _____  |
| _____                | 10th Place _____ | _____ | _____  |

Signed \_\_\_\_\_  
Director

**Please make three copies.**  
**FAX one copy to the WVSSAC at 304-428-5431, one to the State Meet Director Steve Lovejoy**  
**at 304-743-7577 and one to Tom Plummer at 304-733-9479.**

**FINANCIAL REPORT  
REGIONAL CROSS COUNTRY**

School \_\_\_\_\_

Class \_\_\_\_\_ Region \_\_\_\_\_ City \_\_\_\_\_ Date \_\_\_\_\_

**RECEIPTS:**

|                      |         |       |          |
|----------------------|---------|-------|----------|
| _____ Adults @       | \$ 6.00 | ..... | \$ _____ |
| _____ Students @     | \$ 5.00 | ..... | \$ _____ |
| TOTAL RECEIPTS ..... |         |       | \$ _____ |

**DISBURSEMENTS:**

|   |           |
|---|-----------|
| Director's Fee  | \$ 100.00 |
| Facility Rental   | \$ _____  |
| Custodians  | \$ _____  |
| Security  | \$ _____  |
| Ticket Takers/Sellers                                       | \$ _____  |
| Timers/Scorers  | \$ _____  |
| PA Announcer  | \$ _____  |
| Supplies (Postage, Stationary, etc.)                        | \$ _____  |
| Miscellaneous (Computer Programmer, Hospitality Room, etc.) | \$ _____  |

TOTAL DISBURSEMENTS .....\$ \_\_\_\_\_

GRAND TOTAL .....\$ \_\_\_\_\_

AMOUNT DISBURSED OR BILLED TO EACH SCHOOL .....\$ \_\_\_\_\_

(Circle One)

\_\_\_\_\_  
Director

Mail one copy to each participating school and one copy to the WVSSAC office within five (5) working days.