

CROSS COUNTRY Policies & State Qualification

5A SCHOOLS

Number of qualifying teams:	<u>Region 1</u>	<u>Region 2</u>	<u>Region 3</u>	<u>Region 4</u>
	4	4	4	4

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.

4A SCHOOLS

Number of qualifying teams:	<u>Region 5</u>	<u>Region 6</u>	<u>Region 7</u>	<u>Region 8</u>
	4	4	4	4

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.

3A SCHOOLS

Number of qualifying teams:	<u>Region 9</u>	<u>Region 10</u>	<u>Region 11</u>	<u>Region 12</u>
	4	4	4	4

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.

2A and 1A SCHOOLS

50% of full teams (5-7 members) competing in the region meet will qualify. 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.

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 Sugarhouse Park other than state meets (with the single exception of Highland High School home meets).