

CROSS COUNTRY Policies & Pairings

State Qualifying Process

The 6A, 5A, 4A and 3A classifications will utilize a Divisional Round qualifying meet for the purpose of state qualifying. The 1A and 2A 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 you 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

When registering for the State Championship 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 State Championship Meet management.

6A SCHOOLS

75% of full 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

75% of full 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

75% of full teams and top-6 individuals from a non-qualifying team, From each section, will advance to the final round. Regions 8 and 10 would send their odd number finishing teams to section A and their even number finishing teams to section B. Region 9 and 11 would send odd number finishing teams to section B and even number teams to section A. The region splits to go section A and B would alternate each year.

3A SCHOOLS

75% of full teams that have participated this season and the top-6 individuals from non-qualifying teams from each divisional section will advance to the finals round. Region 12 would send their odd number finishing teams to section A and their even number finishing teams to section B. Region 13 would send their odd number finishing teams to section B and even number finishing teams to section A. Region 14 would send their odd number finishing teams to section A and their even number finishing teams to section B. The region splits to go section A and B would alternate each year.

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, 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).