**SCAC CROSS COUNTRY REGULATIONS**

**1. EVENTS**

a) Three races will be held each year, weather and time permitting.

 -The first 2 of the 3 races will be league races with ribbons being awarded to the top 10

finishers in each category. Team scores in the SCAC Finals will be used calculate league standings.

-The SCAC Cross Country Championship will be determined following the 3rd and final race of the season. The winning team in each category at this race will be the SCAC champion.

b) There will be four (4) events in each race:

 - junior girls

 - senior girls

 - junior boys

 - senior boys

c) The first two races of the season will start at 4:30 pm, and the Championship race will start at

 1:00 pm.

d) The girls’ race will be first followed by the boys’ race.

**2. ENTRIES**

a) A school’s team roster will consist of a minimum of 5 to a maximum of 7 runners. The team roster

 for the Championship race must be declared in each category prior to the championship race.

b) A school's team roster of 5 to 7 athletes may be different from race to race.

**3. RULES**

a) To qualify to compete as a team at the SCAC Championship race, schools must compete in at

 least **one** of the preliminary cross country league races as a team to be eligible to enter the SCAC

 team Championship.

b) Seeding for the final race will be determined by the results of the 2 league races. A team’s best score

 of the two league races will be used.

 - top 2 teams get row 1(the pole position)

 - next 2 teams row 2, etc.

c) The finishing place of the first 5 runners from each school team, in each classification, will be added together to make a total team score. The team with the lowest total team score in each category shall be declared the SCAC champion.

c) If two or more schools are tied with the same total score at the end of the championship race, the

 champion shall be the team with lowest placing fifth runner of the tied teams (ie: the fifth place

 runner closest to winning the race).

d) Team champions must represent SCAC at the Provincial Championship.

e) If junior competitors participate as a senior at one race they must run as a senior competitor for the

 remainder of that SCAC season as well as the Provincial Championship.

**4. Awards**

a) Awards for the top 10 individuals / category / race will be SCAC ribbons.

b) Awards for the top 3 teams / category in the SCAC Championship will be :

 1. SCAC ribbons

 2. The Championship banner will be awarded to the winning team.

**5. Uniforms**

All runners "declared" as a team runner must wear a school uniform as per MHSAA regulations. Open runners must wear plain white T-shirts.

Updated on November 16, 2010