

FIYA Cross Country

Rules/Procedures on Meet Day

1. When coaches arrive, they should check in at the registration table to pick up BIBS, Pins and Barcode Labels. Note BIBS and Pins should be brought to every subsequent meet. At each meet, coaches will always pick up new Barcode Labels which they will affix to each athlete's BIB. Note BIB numbers are meaningless for our XC meets, the barcode labels identify the athletes and their times.
2. Meets will start with a brief 4 pm Coaches meeting. Following the coaches meeting, we will run six (6) separate races in order as follows at the approximate times:
 - 4:25 PM Division 3 Boys
 - 4:30 PM Division 3 Girls
 - 4:55 PM Division 2 Boys
 - 5:00 PM Division 2 Girls
 - 5:30 PM Division 1 Boys
 - 5:35 PM Division 1 Girls
3. Division 3 is for 4th grade and below and they run 1 mile course; Division 2 is for 6th grade and below and they run 1.5 mile course; and Division 1 is for 8th grade and below and they run 2 mile course. Runners may compete at their grade level or above, not below.
4. Course Maps – course maps are generally available on our cross country page of the website. In addition, the courses are mapped out by cones and flags and we attempt to use high school athletes to serve as rabbits and tortoises as well as have flag bearers throughout the course.
5. Start Line Instructions – school teams should line up in single file at the start line with the fastest athletes at the beginning of the line.
6. Disqualifications – are very rare but can occur for two main reasons as witnessed by course officials: (i) an athlete fails to run the course including cutting corners and (ii) an athlete intentionally shoves or pushes another athlete.
7. Finish Line Instructions – athletes should run through the finish line and stay in order after the finish line as athletes go to the score table to hand in their labels. VOLUNTEERS TO ASSIST FROM FINISH LINE TO SCORERS TABLE ARE WELCOME.
8. Team Awards for all Divisions – your school must have at least 3 runners per division to qualify. For every three teams participating, we will award a team plaque to the top team finishers (a maximum of 5 team plaques). A maximum of 5 athletes per school will place for team scoring purposes. The team winner is determined by adding up the top 3 place finishers from the school's maximum 5 and the lowest total number wins. In the case of a tie, the 4th runner from the team breaks the tie. For example, School A has the 1st, 10th and 20th place finishers and School B has the 8th, 11th and 12th place finishers. Both schools have 31 points. School A did not

have a 4th runner and School B had a 4th runner finish in 25th place. School B would be the team winner.

9. Individual Awards for all Divisions – we award medals to the top finishing athletes in each division. 1 place for every 5 runners with a maximum of 20 medals per division. For example, if there are 25 athletes in a division race, we award 5 medals to the top 5 finishers in the division. All school team members are eligible for individual awards.
10. Season Awards for Division 1 – we crown a seasonal champion for Division 1 only. To qualify, school team needs to participate in at least 50% of FIYA cross country meets during the season. In addition, for schools that participate in every FIYA cross country meet of the season, we will drop one meet from that school's season total (the lowest scoring team result for the season). In other words, if FIYA offers 6 cross country meets in a season, a school team that participates in ALL 6 can only earn seasonal points in its five best meets.

Your Division 1 school team will earn points if it finishes in the top 5 team scores at each meet as follows:

- 5th Place – 1 point
- 4th Place – 2 points
- 3rd Place – 3 points
- 2nd Place – 4 points
- 1st Place – 5 points

If there is a tie in team scores with multiple teams for a top five finish, we will add the point totals and divide by the number of tied teams. By way of example, if two schools tie for 2nd place (and therefore there is no 3rd place), we add the points of both places (4 + 3) and divide by 2 so each team will be awarded 3.5 points.

The Division 1 school team with the most accumulated points in the season will be crowned D1 champions for boys and for girls. If there is a tie in accumulated points among multiple teams upon the conclusion of the cross country season, the tiebreaker will be the team that competes in the MOST FIYA cross country meets in the season, including any school team that competes in every FIYA cross country meet. If the tiebreaker does not resolve the champion, there will be co-champions.