

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. Black Bib Numbers are for MALES; Red Bib Numbers are for FEMALES. The numbers on the bibs are not important; just the color is important. Coaches should then affix the Barcode Labels to each athlete's BIB. The barcode labels have the athlete's name listed.

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	4:55 PM Division 2 Boys	5:30 PM Division 1 Boys
4:30 PM Division 3 Girls	5:00 PM Division 2 Girls	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 available on our cross country page of the website. In addition, the courses are mapped out by cones and flags and we use high school athletes to serve as rabbits and tortoises as well as have flag bearers throughout the course. Lastly, you can view a video of our course maps on our YouTube page.

5. Course Videos – course videos are also available on our cross country page of the website. Please note that there may need to be an adjustment made to the course on meet day (which might differ from the video) based on any dynamic changes at our location.

6. 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. As we conduct stagger starts, male athletes should line up first and female athletes should line up behind them.

7. 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. Please no pacing or shadowing competing runners. And please respect the course's chutes and ribbon flags.

8. 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 Barcode Labels. Failure to turn in a Barcode Label is not completing the race.

9. 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.

10. 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; we round up. For example, if there are 28 athletes in a division race, we award 6 medals to the top 6 finishers in the division ($28/5 = 5.6$). If there are 27 athletes in a division race, we award 5 medals to the the top 5 finishers ($27/5 = 5.4$). All school team members are eligible for individual awards.

11. Season Awards for Division 1 – we crown a seasonal champion for Division 1 only. To qualify, a 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 needs to participate in at least three (3) meets to qualify under this rule and 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; and 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.

12. ALL FIYA Cross Country Team for Division 1 – a Division 1 athlete who finishes in the top twenty percent in a meet for at least four FIYA cross country meets during one season. The top twenty percent is determined by taking the total number of Division 1 runners who finished at a meet and dividing by 5; we round up if the divisible number is .5 or higher.