

BIG NORTH CONFERENCE

Cross Country Rules and Regulations

1. All meets will be held according to a schedule submitted to the athletic directors at a regularly scheduled meeting for this purpose. At present, dual, triangular, or quad meets are scheduled at Garrett Mountain and Darlington Park. The races will begin at 4:30 P.M.
2. There will be unlimited entry in a varsity race during the regular season.
3. Postponed meets must be run the next available day.
4. The winning team in each division will receive 7 gold medals.
5. The Conference Championship Meet will include races determined by the meet director.
6. There will be 3 divisional meets run on 3 different days.
 - a. Divisions 1-2-3 will run together.
Divisions 4-5 will run together.
Divisions 6-7 will run together.
Time Schedule:
Boys Frosh: 3:30
Girls Frosh: 3:35
Boys JV: 4:00
Girls JV: 4:05
Boys Varsity: 4:30
Girls Varsity: 4:55
 - b. Each division will be scored separately to determine division championships.
7. The Big North Conference liaisons shall provide for the conduct of dual meet season and championship meets.

Divisional Standings and All-Division Teams

All-Division Teams: will be: 7 first team, 7 second team. Each school will be allowed to select one member for Honorable Mention. These teams will be determined at a post-season meeting.

