

Policy XIV: Cross Country Playdown

(revised Sept. 13, 2017)

1. Hosting

- a) Bids for hosting will occur at the Spring Meeting, or may be deferred to the bids committee.
- b) Bids for Pre-Districts will not follow a rotation and therefore are “open” bids.
- c) Host sites for the District Championship shall are also “open” bids, but an attempt to rotate through the four quadrants would be ideal.

2. Eligibility and Format

- a) Students must meet all eligibility requirements as set out in the HCAA Bylaws. Cross Country is the only HCAA activity where **grade five** students are eligible to participate (grade 6 is the minimum for all other activities).
- b) There will be twelve age classes (the following six for each boys and girls):
 - SENIOR – 16 or older as of August 31st of (the start of) the current school year
 - JUNIOR – under 16 as of August 31st of (the start of) the current school year
 - MIDGET – under 15 as of August 31st of (the start of) the current school year
 - BANTAM – under 14 as of August 31st of (the start of) the current school year
 - PEE WEE – under 13 as of August 31st of (the start of) the current school year
 - WEE PEE – under 12 as of August 31st of (the start of) the current school year
- c) Race distances will be as follows (Midget, Junior, and Senior distances are set by SHSAA, and are listed here current to 2017-2018):

Wee Pee Girls:	2000m	Wee Pee Boys:	2000m
Pee Wee Girls:	3000m	Pee Wee Boys:	3000m
Bantam Girls:	3000m	Bantam Boys:	3000m
Midget Girls:	3000m	Midget Boys:	3000m
Junior Girls:	4000m	Junior Boys:	4000m
Senior Girls:	4000m	Senior Boys:	5000m
- d) Coaches are strongly encouraged to enter only those runners who have proven the ability to sustain a run/jog for the entire race distance at least once in practice.
- d) The order of races will generally be youngest category to oldest category and girls before boys, notwithstanding decisions to combine races.
- e) Meet registration/start times must be sensitive to loss of instructional time.
- f) A student may take part in one age class only.
- g) Coaches may move an athlete up to an older age category, provided:
 - the athlete stay in that category for all HCAA (and SHSAA, if applicable) cross country events in the school year

- coaches recognize an athlete in grade 8 (or lower) is NOT (by SHSAA rule) eligible to participate in Provincials (unless they have attained the age of 16 – consult the SHSAA)

3. Pre-Districts

- a) It is recommended two Pre-District meets will be held. The decision as to which schools attend which meet will be based on location of host sites, geography, and an attempt to have a relatively even number of runners at each site.
- b) Bids for hosting Pre-Districts shall be solicited by the HSD ASA and sent to the bids committee. Host sites for Pre-Districts are not on a rotation, and therefore considered “open” bids.

The host for the District Championship is strongly encouraged to also bid to host Pre-Districts (the course is set once for two events and volunteers are more rehearsed).

- c) All six age classes, in both boys and girls, will be contested at each Pre-District.
- d) A medal will be awarded to the first place finisher in each event. Ribbons will be awarded to the 2nd to 10th place finishers in each event.
- a) A School Team plaque will be awarded at each pre-district based on the points accumulated by the **top 5** finishers in ANY OF THE 12 CATEGORIES by any one school (1st place = 1 point; 2nd place = 2 points, etc.). The team scoring the FEWEST points is the pennant winner. Tie breaking shall follow the SHSAA tie-breaking rules for cross country.
- e) The **top ten** runners from each Pre-District in all classes will advance to the District Championship.
- f) If a school sends at least five competitors to Districts, they automatically become entered at Districts as a school team with five finishers counting toward their school team's total. If a school advances only four competitors to Districts, but had a fifth (or others) runner who competed at Pre-Districts, they may add this 5th (or other) competitor to their District team.

4. District Championship

- a) Bids for hosting the District Championship meet shall be solicited by the HSD ASA and sent to the bids committee. They are roughly based on a rotation (see 1. above).
- b) All 12 age classes shall be contended at the District Championship.
- c) A medal will be awarded to the first place finisher in each event. Ribbons will be awarded to the 2nd to 10th place finishers in each event.
- d) A School Team pennant will be awarded based on the points accumulated by the **top 5** finishers in ANY OF THE 12 CATEGORIES by any one school (1st place = 1 point; 2nd place = 2 points, etc.). The team scoring the FEWEST points is the pennant winner. Tie breaking shall follow the SHSAA tie-breaking rules for cross country.

- e) The top ten competitors in Midget, Junior, and Senior categories advance to Provincials. Open spots may be filled by the next finisher in line. If a school sends at least 4 competitors to Provincials, they automatically become entered at Provincials as a school team with four finishers counting toward their school team's total. If a school advances only 3 competitors to Provincials, but had a fourth (or other) who competed at Districts, they may add this fourth (or other) competitor to their Provincial team (refer to SHSAA Handbook).
- f) District uniforms will be assigned, and will be collected after Provincials. Any SCHOOL whose athlete fails to return their HCAA cross country singlet will be subject to a \$50 replacement fee per singlet.

5. Financial

- a) Transportation, supervision, and accommodation arrangements/bookings/costs for Pre-Districts, Districts, and/or Provincials are the responsibility of the individual school and its coach. Refer to your Board's policies to determine which costs can be recovered through Board-sponsored funding.
- b) No gate shall be charged at any HCAA cross country event.
- c) Any SCHOOL whose athlete fails to return their HCAA cross country singlet will be subject to a \$50 replacement fee per singlet.