

SECTION 4: CROSS COUNTRY

*October 6, 2016

A. REGULATIONS FOR ALL CONFERENCE COMPETITION

1. There is no limit on the number of runners who may participate. The top-five runners count toward team points while the top-seven runners count in meet scoring.

B. REGULAR SEASON COMPETITION

1. Regular season competition among Conference members is not required.

C. CONFERENCE CHAMPIONSHIP COMPETITION

1. The Conference championship meet shall be scheduled two weeks prior to the NCAA Division II Regional Cross Country Championship meets. It shall be scheduled on Saturday to begin at 10:30 and 11:30 a.m. In even numbered years the men's race will begin at 10:30 a.m., the women's at 11:30 a.m. In odd numbered years, the women's race will begin at 10:30 a.m., the men's at 11:30 a.m. A banquet is to be held at the Conference championship with the date and time to be determined by the host institution and the Conference office, in accordance with Section 1.A.8.
2. The distance shall be 6K for the women and 8K for the men.
3. Entries will open on the second Monday before the meet at 8 a.m. ET. Entries will close on the Monday before the meet at 5 p.m. ET.
4. The site of the meet shall rotate within the Conference in alphabetical order as stated in Section 1.A.3. An institution may decide not to host the Conference championship in which case the next institution to follow in the rotation would become host. If an institution decides not to host, they must give notification one year in advance, at the preceding Conference championship.
5. Teams will be given the opportunity to practice on the course on Friday and the course must be completely marked as it will be used for the races on Saturday.
6. Institutions that have not declared cross country as an NCAA sponsored sport, but wishing to include individual athletes in the championship, are welcome to do so with the approval of the Commissioner; however, those athletes and their schools are not eligible for the team championship, All-Sports Trophy points, or considered for All-conference awards.
7. The meet declaration process will take place at the coaches meeting prior to the event.
8. There will be a 30-minute protest period for each race at the Championships. The protest period will begin once it has been announced that the race results have been posted. The protest period may end early if all coaches submit in writing, on the protest form developed by the Conference office, an indication that they have no protest.

D. AWARDS

1. **Runner of the Week**
Will be chosen by a vote of the coaches after submission of nominations by Monday at 2:00 p.m. ET.
2. **All-Conference Team**
The team shall consist of the top-15 finishers in the Conference championship meet.
3. **Coach of the Year Award**
The award shall be determined by a vote of the coaches.

4. **Runner of the Year Award**

The award shall be presented to the first-place runner in the Conference championship meet.

5. **Freshman of the Year Award**

The award shall be presented to the highest-placing freshman in the championship meet.

E. **COACHES ASSOCIATION**

1. Each coaches association shall meet at least once annually, either in person or by conference call. The Commissioner shall schedule such meetings.
2. The Chairperson for the cross country/track and field coaches association will be determined at the annual meeting.

F. **PUBLICITY AND STATISTICS**

1. The Conference shall be responsible for gathering and disseminating results and information for the championships.