

6- 8 CROSS-COUNTRY RUNNING

A. FORMAT:

1. Combined North and South championship.
2. Invitational pre-meets may be offered prior to the divisional event with no bearing on divisional championship standings.
3. Approximate competition date: Second week of October, not to be scheduled on the same day as the High School Zone 13 or provincial championships.
4. Distances:
 - Grade 6 boys and girls, 2 km
 - Grade 7 and 8 boys and girls, 3 km
5. Students will compete with their specific grade level.
6. A cross-country team may have:
 - a. An unlimited number of runners
 - b. The first 4 finishers of each school of each gender will be added to make up that team's score
 - c. The top 5 finishers from each gender will receive placement ribbons
 - d. The first place team in each grade level for both boys and girls receive a championship banner. (All Grades have both a Boys and a Girls Championship)
7. Runners must be worn by athletes and personal music devices are not permitted during competition.