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 will be added to make up the team’s school score

 c. The top 5 finishers will receive placement ribbons

 d. The first place team in each grade level (boys and girls combined) receives the championship banner.

 7. Runners must be worn by athletes and personal music devices are not permitted during competition.