

CROSS COUNTRY

- 1.0 **ADMINISTRATION OF SPORT**
- 1.1 **PERSONNEL AND JOB DESCRIPTION:**
HOW SELECTED: The chairperson and recorder shall be elected by the coaches at the end of the meeting which concludes the current administration's term.
LENGTH OF TERM: Two (2) years.
HOW REPLACED: Should the chair position be vacated, the recorder would serve as chair until the group meets for another election.
- 1.2 **DUTIES OF CHAIRPERSON:** The chairperson shall call for agenda items, organize and conduct the annual meeting.
- 1.3 **DUTIES OF RECORDER:** The recorder will take the minutes of the meeting and distribute the minutes to the coaches and to the liaison Athletic Director. The recorder will also provide copies of the "Motion Worksheets" to ALL Athletic Directors. Minutes for the December meeting shall be sent by the recorder to all head cross country track and field coaches postmarked no later than December 31. *(revised 5/01)*
- 1.4 **DUTIES OF LIAISON:** To make sure the chair and recorder are elected and assume their duties. To represent the Athletic Directors at the coaches meeting. To represent the coaches at the Athletic Directors meeting by presenting minutes and action items to the Athletic Directors.
- 1.5 **TOURNAMENT DIRECTOR:**
- 1.6 **DATE, TIME, PLACE OF MEETINGS:** The annual meeting will be on the Tuesday after the USTCA Convention, as long as the convention remains the first weekend in December (or the first Tuesday of December, should the USTCA move to the summer.) *(revised 5/02, 5/97)*
- 2.0 **SPORTS SEASON**
- 2.1 **TRADITIONAL SEASON:**
- 2.1.1 **PRACTICE GUIDELINES:** The first date of practice may not occur prior to the first date that permits a maximum of 16 practice opportunities prior to the first scheduled intercollegiate contest or prior to September 1, whichever is later. *(revised 05/07, NCAA 8/95, revised 1/94, added 4/91)*
- 2.1.2 **FIRST DATE OF COMPETITION:** September 1 or preceding Friday if September 1 falls on a Saturday, Sunday, or Monday. *(revised 5/08, added 4/92)*
- 2.2 **NONTRADITIONAL SEASON:**
- 2.3 **NUMBER OF VARSITY CONTESTS:** Nine (9) contests plus the conference meet and post season meets. A meet against alumni/ae will not be counted toward the maximum number of meets allowed. *(revised 8/95, added 4/91)*
- 2.3.1 **NUMBER OF JUNIOR VARSITY CONTESTS:**
- 2.4 **CONFERENCE MEET:** The Conference meet shall be held three (3) Saturdays prior to the NCAA National Championships.
- 2.5 **SCHEDULING POLICY:**
- 2.5.1 **LAST DATE FOR CONFERENCE COMPETITION:** NCAA Division III Championship.
- 2.6 **POLICY FOR POSTPONEMENT/RESCHEDULING:** If the MIAC meet is at Como Golf Course and there is heavy snow, the meet will be rescheduled at St. Olaf for the following day with the same time schedule. Host institution, in consultation with Hamline, will decide by 4:00pm Friday if the meet can still be held Saturday at St. Olaf. If it can, it will, if not it will be moved to Sunday at St. Olaf *(revised 5/03, added 5/99)*
- 3.0 **GAME/MATCH/MEET/CONDUCT**
- 4.0 **GAME SUPPORT STAFF**
- 5.0 **MIAC/NCAA STATISTICS**
- 6.0 **CONFERENCE CHAMPIONSHIP**
- 6.1 **HOW DECIDED:** Conference meet for both men and women, varsity and junior varsity.
- 6.2 **POLICY FOR TIE BREAKER:**
- 6.3 **EVENT PROCEDURE:** Hamline will contact Como Golf Course officials and set up the course annually. Host school will put together a conference program for the meet. The responsibility of the host institution is contained in a file to be handed on to each host school year after year. *(revised 5/02)*

- 6.3.1 A conference school interested in hosting the Championship Meet should complete an "Application for Hosting a MIAC Championship" form. Starting in 2005, host school will use chip technology to time the championship. *(revised 05/05, 5/01)*
- 6.3.1.1 The host school shall:
- 6.3.1.2 Be in charge of making all local arrangements including course and officials.
- 6.3.1.2.1 Medical coverage at the MIAC Cross Country Championships shall consist of a first aid station at a designated site with 1 on site EMT and 1 certified athletic trainer. *(added 5/00)*
- 6.3.1.3 The host school will send out online entry instructions two weeks prior to the Championship meet with the deadline for entries to be on Sunday prior to the meet. *(revised 5/08)*
- 6.3.1.4 Post results as soon as possible following the meet. *(revised 5/08, 5/02)*
- 6.3.1.5 The MIAC office shall be responsible for pre-meet information and post-meet results to the news media. *(revised 5/98)*
- 6.3.2 Length of course: 5 miles (8.05 kilometers) for the men; 3.73 miles (6 kilometers) for women. The course shall be marked according to NCAA rules. *(revised 05/05)*
- 6.3.2.1 The course shall be on grass terrain where spikes can be used, staying away from roads or other areas where hazards may exist.
- 6.3.2.2 Teams should be allowed to practice on the course prior to the meet if the course is available.
- 6.3.3 The order of competition will alternate at the Conference Meet with varsity men first even years and varsity women first on odd years. There will be no limit on entries. *(revised 3/93, added 4/92)*
- 6.3.3.1 If the wind chill is negative fifteen (15) degrees Fahrenheit or colder, the meet doctor and the games committee (head coaches) will convene to decide how the event shall proceed. *(added 5/97)*
- 6.3.4 In all races, seven (7) runners, who need not be designated, will figure in the scoring in accordance with the NCAA scoring policy.
- 6.3.4.1 Team uniforms shall be worn in accordance with NCAA uniform policy. (changed from school colors in revisions by liaison.)
- 6.4 **ADMISSION:**
- 6.5 **OFFICIALS:** One starter-referee paid by the conference. *(revised 4/90)*
- 6.6 **GAME SUPPORT:**
- 6.7 **PROTEST COMMITTEE:** Meet Director, Meet Referee, Head Finish Judge, and one coach designated by the Meet Director.
- 6.7.1 A verbal protest during the meet should be made immediately to the Referee. A written follow-up to the verbal protest must be made within 30 minutes of the end of the meet.
- 6.8 **OTHER:**
- 6.8.1 Late entry fee: \$50.00 late entry fee per roster and \$50.00 fee per athlete for a roster change at the time of the meet (30 minutes prior to the start of the race).

7.0 POST SEASON POLICY AND PROCEDURE

7.1 AUTOMATIC QUALIFIER

8.0 AWARDS

- 8.1 **CONFERENCE CHAMPIONS:** Championship plaques will be awarded to the first place women's and men's varsity teams. The Conference Executive Director will order the plaques and deliver it to the Athletic Directors at the host school prior the meet.
- 8.2 **ALL CONFERENCE CERTIFICATES/EVENT CERTIFICATES:** All conference certificates are given to the top 15 runners in each varsity race. Individual finishers 16-25 will be designated All Conference "Honorable Mention." *(revised 8/95, revised 4/90)*
- 8.3 **COACH OF THE YEAR:** A women's and men's Cross Country Coach of the Year will be awarded. Votes will be tallied with the same rankings currently used for track's outstanding athlete award (3-2-1 with the top vote receiving 3 points). If a tie occurs, go to the team place to break the tie. The MIAC office will provide each Coach of the Year with a plaque. *(revised 5/00)*.
- 8.4 **MIAC MVA:** Most Valuable Athlete will automatically be awarded to the winner of the championship race. *(added 5/08)*
- 8.5 Recognize male and female athlete of the week based on previous week's performances for cross country, indoor and outdoor track and field, nominated and voted by coaches. *(added 5/03)*
- 8.6 **MIAC SPORTSMANSHIP TEAM:** Teams will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-MIAC Sportsmanship team. These individuals will be selected by the team and head coach, with the head coach bringing the selection to the coaches meeting (where applicable or sent to conference office at the end of season). Only one student-athlete from each team may be selected. All institutions will have one representative, with final team choice selected by the head coach. The award will be publicized with other conference awards at the end of the season. This award is in name only, no certificate or plaque provided (no ties allowed). *(added 12/06)*

- 9.0 **ALL CONFERENCE TEAM SELECTION:** The top 15 finishers in the conference championship shall be awarded All-Conference. Places 16-25 are designated All-Conference Honorable Mention. (*added 5/99*)
- 10.0 **MISCELLANEOUS**