

CROSS COUNTRY

DATE FOR STATE CROSS COUNTRY MEET

All Classes October 26

I - GENERAL RULES AND REGULATIONS

- (1) The Montana High School Association will promote, provide for and control all interschool cross country activities among member schools for both boys and girls.
- (2) All cross country meets shall be conducted under the Cross Country Rules of the National Federation except when modified by the Association Rules.
- (3) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any meets may be held.
- (4) No individual shall compete in any Association contest until he/she has a minimum of ten (10) days of cross country practice and at least one practice session per day on ten (10) different days (no practice permitted on Sunday), prior to the date of the first allowable contest. The initial ten (10) practices for each individual must be completed as a comprehensive, regularly scheduled team practice with the full coaching staff.

When determining what constitutes a MHS A practice that satisfies the language above in (4), the following criteria must be applied:

1. **Practice must be at least one (1) hour long.**
2. **At least one full squad (varsity team/J.V. team) and their coaching staff must be present.**
3. **The athlete must participate in the entire practice.**
4. **Practice should include the majority of drills and conditioning that are the norm for that team or squad.**
5. **A practice the day of a meet does not count (unless an athlete is practicing with another squad that does not have a meet that day, i.e. a varsity team member who stays home and practices with the JV team that does not have a meet that day).**
6. **Warm-ups or walk-throughs with the team prior to a meet does not constitute a practice.**

If a student begins his/her **initial ten (10)** days of required practices and that period of days is interrupted by sickness, injury, academic ineligibility or any other reason for a period of two weeks, then the student shall be required to practice an additional five (5) days and in cases of sickness or injury to produce a doctor's release.

Athletes participating on teams competing in MHS A post season play, which overlaps the beginning of the next MHS A sanctioned activity starting practice date, may be credited for practices during the overlap period toward meeting the minimum practice requirement of the overlapped activity season.

- (5) No student shall participate in more than ten (10) meets excluding Association sponsored meets.

No individual may participate in an out-of-state invitation-only meet unless approved by the MHS A Executive Director. Any out-of-state participation approved under these criteria will count toward the ten-meet limit for the particular student.

For an athlete to be eligible to compete in the State Cross Country Meet he/she must compete in at least two (2) Association-sanctioned meets during the regular cross country season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from this rule. The high school for which the student will participate must file a request with the

MHS A Executive Director for consideration of a waiver of this rule.

Also, athletes must meet a qualifying time in at least one regular season cross country meet prior to participation in the State Cross Country Meet. The minimum qualifying times are: 30.00 minutes for boys and 35.00 minutes for girls. Athletes who do not meet the required performance time at least once during regular season competition are not eligible for participation at the state meet and cannot be entered as a team member or alternate.

The cross country season for both boys and girls officially closes with the end of the state meet.

- (6) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to participate.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

- (7) Interstate Meets: Any interstate meet must be sanctioned as set forth in Rule 16 in the Association General Rules and Regulations before any member school may participate.

- (8) All participants are prohibited from wearing any garments with alcohol or tobacco advertisements, profanity or other inappropriate messages at cross country meets. It is the responsibility of coaches and meet directors to ensure that inappropriate apparel be removed. Participants who fail to remove inappropriate apparel on request to do so shall be disqualified from participation in the meet.

- (9) Event Programs, Concessions and Corporate Sponsors

A. The program rights for all state meets will be the responsibility of the MHS A Executive Board.

B. The concession rights for any state meet must be approved by the Executive Director. Concession rights include but are not limited to t-shirts, other apparel, photos, buttons etc.

C. Corporate sponsorship of any post season event is the responsibility of the MHS A Executive Board and requires Board approval. Exceptions are: a) program advertisements and b) signage or announcements acknowledging the receipt of donated goods including food or beverages for the hospitality room, the use of tents at outdoor events, or the use of other equipment necessary for staging the event. Signage should be placed only in the appropriate areas; i.e. on the tents or in the hospitality room/area.

Established facility sponsorships are not affected provided that MHS A corporate sponsorship requirements are met.

- (10) The MHS A prohibits any use and/or possession of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.

- (11) A state cross country meet participant may only wear one watch during competition. The watch must be unadorned and may be worn only on the wrist and may not have a global positioning system as part of the watch.

II – CLASS AA CROSS COUNTRY - BOYS AND GIRLS

- (1) **Sixteen (16)** schools comprising **fifteen (15)** teams are classified as Class AA. The schools are aligned in one division as follows:

Belgrade	Flathead (Kalispell)
Billings Senior	Glacier (Kalispell)
Billings Skyview	Helena
Billings West	Helena Capital
Bozeman	*Missoula Big Sky/
Butte	Florence-Carlton
Great Falls	Missoula Hellgate
Great Falls CMR	Missoula Sentinel

*Cooperative Sponsorship for Boys and Girls

III – CLASS A CROSS COUNTRY - BOYS AND GIRLS

- (1) **Twenty-six (26)** schools comprising **twenty-three (23)** teams are classified as Class A. The schools are aligned in one division as follows:

Beaverhead Co. (Dillon)	**Dawson Co. (Glendive)/ Baker/Plevna	Libby
Billings Central	East Helena	Lockwood (Billings)
Browning	Fergus (Lewistown)	Park (Livingston)
Butte Central	*Frenchtown/Alberton	Polson
Columbia Falls	Hamilton	Ronan
Corvallis	Hardin	Sidney
Custer Co. (Miles City)	Havre	Stevensville
	Laurel	Whitefish

*Cooperative Sponsorship for Boys only – Frenchtown has a separate girls' team

**Dawson Co./Baker co-op Boys; all 3 schools co-op Girls

IV – CLASS B CROSS COUNTRY - BOYS AND GIRLS

- (1) **Thirty-five (35)** schools comprising **thirty-three (33)** teams are classified as Class B. The schools are aligned in one division as follows:

Arlee	Huntley Project	Red Lodge
Anaconda	(Worden)	Rocky Boy
Baker	Jefferson	Roundup
Bigfork	(Boulder)	Shelby
Broadwater (Townsend)	Lame Deer	St. Ignatius
Colstrip	Lincoln Co. (Eureka)	St. Labre Indian
**Columbus/Joliet	Lodge Grass	Catholic (Ashland)
Cut Bank	Loyola Sacred	Shepherd
Fairfield	Heart (Missoula)	Sweet Grass
Glasgow	*Malta	Co. (Big Timber)
*** Great Falls	Manhattan	Thompson Falls
Central	Poplar	Three Forks
Harlem	Powell Co. (Deer Lodge)	Whitehall
		Wolf Point

* Girls Only

** Columbus and Joliet co-op in girls; each has a separate boys' team.

***Cooperative Sponsorship for Boys and Girls

V – CLASS C CROSS COUNTRY - BOYS AND GIRLS

- (1) **Fifty-six (56)** schools comprising **forty-nine (49)** teams are classified as Class C. The schools are aligned in one division as follows:

**Belt/Centerville	Fromberg	Nashua
Belfry	Gardiner	Northern Cheyenne (Busby)
Box Elder	Geyser	*Powder River (Broadus)
Bridger	Hays-Lodgepole	Roberts
Brockton	Heart Butte	Ryegate
*Cascade	*Highwood	Scobey
Centerville	Hinsdale	Seeley-Swan
Charlo	Hobson	Sheridan
*Circle	Hot Springs	Sunburst
**Culbertson/ Bainville	Judith Gap	Terry
Darby	**Lambert/Richey	Turner
**Dodson/ Whitewater	Lima	Twin Bridges
Drummond	Lone Peak	Two Eagle River
Ennis	Manhattan Christian	West Yellowstone
Fairview	**Medicine Lake/Froid	**Winnett/ Grass Range
Frazier	Melstone	
Granite	Moore	
(Philipsburg)	Plains	
Harrison	Plenty Coups (Pryor)	
	Plentywood	

*Girls only

**Cooperative Sponsorship for Boys and Girls

***Boys only

VI - STATE MEETS

- (1) The Executive Board shall be responsible for staging the state cross country meet for all four classes. They shall determine the sites, set the dates and appoint the state cross country meet managers. The managers shall be responsible to the Executive Board to conduct the state cross country meets in accordance with the rules of the Montana High School Association.
- (2) Judges and other meet officials shall be selected by the meet managers subject to the approval of the Executive Board.
- (3) Each member school may send a boys and/or girls team to the state meet. Each member school's boys' and/or girls' team(s) may enter seven (7) athletes and two (2) alternates in the state meet.
- A. Classification:
The State Cross Country Meet for boys and girls will be run in four classifications, namely, AA, A, B and C, the same as basketball classifications.
- B. Distance: boys' and girls' races will be five (5) kilometers.
- C. Scoring:
Team — Total points scored by the first five (5) contestants of a team will count as the team score for Classes AA, A and B. Total points scored by the first three (3) contestants of a team will count as the team score for Class C.

Individual — If fewer than five (5) contestants per school participate in Classes AA, A and B, and fewer than three (3) contestants per school participate in Class C, contestants may compete for individual honors.

If a school enters the state meet and does not have the minimum number of runners for team's honors consideration, then the individual(s) from the incomplete team that placed holds his/her spot and no one moves up. This means that the place a runner finishes in a race remains frozen and another team's individual cannot move into that position.

D. Order of Competition:

Each classification's boys and girls races will alternate in the order of competition with the boys and girls races of another classification.

2019-2020	2020-2021	2021-2022	2022-2023
B-Boys	A-Girls	AA-Boys	AA-Girls
C-Boys	B-Girls	A-Boys	A-Girls
B-Girls	A-Boys	AA-Girls	AA-Boys
C-Girls	B-Boys	A-Girls	A-Boys
AA-Boys	C-Girls	B-Boys	B-Girls
A-Boys	AA-Girls	C-Boys	C-Girls
AA-Girls	C-Boys	B-Girls	B-Boys
A-Girls	AA-Boys	C-Girls	C-Boys
2023-2024	2024-2025	2025-2026	2026-2027
C-Boys	B-Girls	A-Boys	C-Girls
AA-Boys	C-Girls	B-Boys	AA-Girls
C-Girls	B-Boys	A-Girls	C-Boys
AA-Girls	C-Boys	B-Girls	AA-Boys
A-Boys	AA-Girls	C-Boys	A-Girls
B-Boys	A-Girls	AA-Boys	B-Girls
A-Girls	AA-Boys	C-Girls	A-Boys
B-Girls	A-Boys	AA-Girls	B-Boys

E. Rule 9 of the current edition of the National Federation Track and Field/Cross Country Rules will be followed for boys and girls cross country state meets except when modified by the Association Rules.

4. Each MHSA cross country school is required to share proportionally in the cost of the state cross country meet by paying a fee per qualifying participant. The MHSA Executive Board has set a \$7.00 fee per participant in the State Cross Country Meet. [Alternates are not considered participants.]