

ADAL Cross Country Rules (Sept 2024)

Questions: Contact Karen Saxena at heypalermo@aol.com or 650-740-3872

For any rules not specifically outlined in this document, the league defers to the USATF Cross Country Rules.

PARTICIPATION RULES

An athlete must be a member of the school's Cross Country team and participate in at least 2 regular season meets in order to participate in the final individual and team meets. All athletes are eligible for the final meets; there is no qualifying. Coaches need to keep track of their athlete's participation in regular season meets. You should not enter topflight runners only for the final meets. If you legitimately have a runner who has been injured and recovered before finals, please let the other coaches know.

All participants must wear a uniform/jersey/shirt representing their school. The school's name must be easily visible. The uniforms do not need to be matching.

RESPONSIBILITIES

Each team may be assigned to host a meet during the season or may be given an assignment at the meet. The host team is responsible for starting the races, providing timing/place recording at the finish, and assigning responsibilities to other teams. See Appendix A for how to organize a Cross Country meet.

At the final team meet at the Crystal Springs Cross Country course in Belmont, each team will be assigned a duty to help the meet run smoothly. See Appendix B with information with very specific requirements for meets at Crystal Springs.

Each school should provide stickers for their runners with name, school, grade, and gender, listed on Avery 5167 or 8167 – ½"x1.75" (or similar), to allow for quick results. Once you have a complete roster and before the first meet, you can either enter directly into the league spreadsheet or send your complete roster with name, school grade, gender to Karen Saxena (heypalermo@aol.com). This will speed up post-race results.

REGULAR SEASON MEETS

Races begin at 4pm unless otherwise stated. Teams may arrive early enough to jog or learn the course.

The expected race order will be 8B, 8G, 7B, 7G, 6B, 6G. Boys and girls will be alternated in case a race before overlaps a current race. Hosts may choose to run combined grades if there are not enough runners. For example, oftentimes 7/8 girls get combined, in which case the order is 8B, 8/7G, 7B, 6G, 6B (notice that we are still

alternating boys and girls). Seeded meets will run Boys A, Girls A then Boys B. If a host would like to offer a different set of races (a small meet may want to have just one boys and one girls race), they should indicate on the schedule or notify the coaches attending a week in advance. There are no limits to how many runners are on a team, but only 7 runners count in team scoring.

SCORING

Team scoring follows standard Cross Country rules. Team champions will be determined using the following point allocation:

- Any team with more than 7 runners will have those runners eliminated from the scoring and the places will be reassigned.
- Any team with fewer than 5 runners will be eliminated from the scoring.
- The places of the top 5 runners will be added together.
- The 6th and 7th runners will be used to displace (increase the score of the other team) the next scorer.
- The team with the lowest score is the champion.

If there are fewer than 2 teams with 5 or more runners, then scoring will be as above with top 4 runner's places added and next two displacing, all others are eliminated from scoring.

Appendix A: How to Organize a Cross Country Race

1. Each runner should have a sticker with their name, school, grade, gender. Please use the correct size label so it will fit on the results page.
2. Athletes will turn this sticker in with their place counter after they finish.

The key is organizing volunteers, so everyone has one task, and the efficiency of the meet isn't relying on one person doing everything.

Volunteer	Description	#Needed
Race starter	Get runners to the starting line. Make sure timer is ready. Give 2 commands: set, go (or gun).	1
Finish time recorder	If you have a stopwatch with a printer, you need 1 person, otherwise 2. One person to read the time, one to record. There is a free app called XC buddy which is very easy to use on your phone. Download from the app store. After each race you need to email yourself the results since it only saves one race. Good to have a back-up timer.	1 -2 people
Popsicle sticks	Someone to hand out numbered popsicle sticks or numbered cards to the runners as they finish.	1
Sticker collector	Collect numbered sticks and place sticker onto results page (helpful to have 2 people)	2
Course monitors	This will depend on your course but think about where kids might get confused.	Depends

Preparation:

1. Mark the course: chalk, cones, something to create a finish chute
2. Supplies: clipboards, copy of sticker results page, time recording sheet (if you don't have a printing stopwatch), table for person putting stickers on page.

3. Each coach supplies their own stickers, use return address label size.
4. You need to have popsicle sticks with numbers or you can use numbered cards.
5. Megaphone is helpful if you are not a loud person.

Reasons for the meets the same way:

1. Kids could learn the rules and not have to be taught at each meet.
2. Allows coaches to get times for all their runners

Appendix B: Crystal Springs Rules

Summary of Rules for Crystal Spring XC course – PLEASE READ completely and forward on to your parents!:

The College of San Mateo, who manages the Crystal Springs course, is very strict with their rules. Any violations can result in fines or even being banned from using the course in the future. All rules are listed at www.norcalstat.com. Here's a summary of the key rules.

1. Medical help must be present at all competitions at Crystal Springs. Race Directors are responsible to schedule this for their races. **Each race director will designate an Adult Safety Coordinator** who has no other assigned duties (no coaching, timing, etc). This person must report to the medical person on arrival.
2. **For emergencies, do not call 911! Call the Belmont Police at 650-595-7400.**
3. Each team must have a first aid kit available and a list of all runners with emergency contact information.
4. Each runner must have a signed waiver form in order to participate.
5. We must be respectful of neighbors, so they do not complain. No parking in the neighborhood, loud noises, or throwing anything on the course (rocks, ball, etc.)
6. All plastic water bottles and cardboard boxes that are brought into the course must be removed from the course and Hallmark Park by the person(s) who brings them in. Extra plastic bags should be available at the scoring shed for that purpose. **Do not throw any trash in Hallmark Park on your way out. Carry out what you bring in and pick up trash, even if it isn't yours that you see laying around.**
6. No practice of any kind will be allowed at any time other than race days. No exceptions.

Team Responsibility for both CS meets

Course set-up:

Starter:

Timer:

Awards (presentation/ordering):

Scoring:

Sticker collection at finish:

Sticks:

Adult safety coordinator (see below):

Clean-up: all Schools

The first meet at CS is an **invitational** and we will run 6 races in order: 8B, 8G, 7B, 7G, 6B, 6G. We will stagger the start for each grade but wait 30 minutes between each grade.

The final meet at CS is a **team final** and in order to allow all teams to have complete teams, we have seeded races. In the past, based on numbers we have had 2 boys races and 1 girls race, should the numbers show differently we will adjust, but since we are being given restrictions on number of runners at CS, this will likely not get bigger. Assign your top runners to the A race, only 7 people count for Cross Country scoring but you can put up to 10 kids in the A race. There will be 10 medals available so even those not scoring but running the A race can share in the team medals. If you don't enter a team in the A race, you are not eligible to score in the B race (small schools excepted).

Awards at team finals:

Team medals – 1st place to top 7 runners to Boys A & B divisions and Girls A division.

Team medals (top 7) to first team in B division.

Awards at individual finals: This will be the week before finals at Gunn High

Top 3 runners in each grade/gender get medals, 4-10th place get place ribbons

There will be 6 races each by grade/gender.