



SCAL Cross Country Rules

Rules and Guidelines:

- 1. The cap for middle school teams will be no more than 15 runners per team (15 Boys / 15 Girls)**
- 2. The cap for elementary teams will be no more than 10 runners per team (10 Boys / 10 Girls)**
- 3. Medals will be awarded to the top 10 runners in each division and team trophies will be presented at the CFCAL Championship only.**
- 4. ALL CFCAL Meets will be held at DOVER DISTRICT PARK: 2803 Dover Park Dr. Dover, FL, 33527**
- 5. Elementary Boys begin at 4:30pm: 1 mile race**
- 6. Elementary girls begin at 4:40pm: 1 mile Race**
- 7. MS Boys begin at 5PM: 2 Mile Race**
- 8. MS Girls Begin at 5:15PM: 2 mile race**
- 9. The CFCAL Championship race will be winner takes all, not an accumulation of points over the season.**

NOTE: IN ORDER FOR A RUNNER TO RUN IN THE CFCAL CHAMPIONSHIP RACE, THEY MUST RUN IN AT LEAST 4 OUT OF THE 5 CFCAL LEAGUE MEETS. IF ANY MEETS GET CANCELED DUE TO WEATHER AND WE ARE UNABLE TO MAKE IT UP, THE NUMBER OF RACES REQUIRED WILL MOVE TO 3 RACES.

****Please keep in mind we may or may not have access to restrooms/port-a-johns: so plan accordingly****

2024 Cross Country Race Info

Location:

Dover Sports Complex
2801 Dover Park Dr.
Dover, FL 33527 - (off of Gallager Rd)

Day of Race Coach Steps

- Stop at the Check-in tent
- Pick up your "Race Results Sheet" - Each team (Ele. boys, Ele. girls, MS boys, MS girls) needs their own "Race Results Sheet" they will be color coded to match the number placement cards racers receive as they cross the finish line.

** If you do not have a full team, you still fill out the "Race Sheet" so your runners are tracked as having attended the race to qualify for districts.*

Racers must attend 4 or the 6 races to qualify for the district race.

*** This form MUST be completed at the end of the race and uploaded using the QR code posted at the check-in table.**

* The form will then be turned in to the check-in table with your athletes' numbers clipped to the form. Please write your runners' name on the back of the number placement card.

* Your top 5 runners will count to your team's score. Runners 6 and 7 will be tie breakers.

Race Start Times

Coaches Meeting - 4:15

Elementary Boys - 4:30

Elementary Girls - 4:45

MS Boys - 5:00

MS Girls - 5:15

Race Dates

Thursday: Sept 12,19,26

Thursday, October 3,10

District Race - Thursday, October 17th

*Metals for top 10 runners in each division, trophies for top 3 teams

*Runners must have participated in 4 of the 6 races to qualify for the district race.

FLYRA - Elementary Race: Friday, October 25th

Middle School: Saturday, October 26th

***** Qualifications for FLYRA**

FLYRA is based on percentages... 10% of individuals and 30% of scored teams. If there are more than 9 scoring teams, then there will be 3 team qualifying spots. If there are more than 105 or more runners in each race, then there will be more qualifying spots for individual runners.

*FLYRA state race team entries = 7 runners team max per race category.

*** Please read through the FLYRA website. Our district race qualifies teams and individual runners for the state race. There is also an "open all" race for anyone to participate in separate from the middle school state race at the same location on the same weekend just at a different time. So if your runners do not qualify by placing they can still participate.

***** FLYRA Link**

[FLYRA MS State Cross Country Championship 2024 - Meet Information \(milesplit.com\)](https://milesplit.com/FLYRA-MS-State-Cross-Country-Championship-2024-Meet-Information)