



CAAC Game Sheet

Cross Country (Boys & Girls)

(Established: February 2022)

(Updated: September 2025)

Start Times:

- Blue Division – 4:30 p.m.
- Red & White – 5:00 p.m.
- Times may be adjusted with prior consent of all participating schools
- The final Division Meet will be run at 4:00 p.m. (if on a Friday) or 10:00 a.m. (if on a Saturday)
 - The JV race will follow the second varsity race

Pre-Game Warm-up:

- The course will be available 60 minutes prior to the start of the race

Meet Format:

- Girls will run first in odd-numbered years; boys will run first in even-numbered years
- Electronic timing will be used at all jamborees and division meets as coordinated and paid for by the CAAC
- Each team may enter up to 7 entries in the varsity race; entries are unlimited in the JV race
- All jamborees and divisional meets will set up an appeals committee prior to the start of the contest consisting of the meet manager, one boy's coach, and one girl's coach
- Races are conducted on a 5,000-meter course that meets basic MHSAA and NFHS recommendations:
 - Clear markings at Mile 1 and Mile 2
 - Visibly curved start line at least 2" wide
 - Boxes on level ground that are 6'-8' wide and are 5'-8' deep for each team assigned prior to the race
 - The first 100 meters should be the same or nearly the width as start and should be as long as possible without change in direction
 - By NFHS requirements, all courses should have a 150-meter straightaway to the finish line; the area should remain free from potential hazards and crowd control should be utilized
 - A lead vehicle and/or trail vehicle should be used when available
 - The course should be marked with proper color-coded flags, cones, and a painted line on the ground; course marking is not optional unless there are continuous natural barriers
 - Cones should be used to communicate problems like sharp turns and outer course boundaries
 - Painted boundary lines, both inside and outside and/or the use of natural or artificial boundary markers, may be used to mark/define the course
 - The finish chute and finish line should be clearly marked and flagged
- Meet management shall provide each team with maps of the course and directions to the site in advance; maps and all additional information relating to parking, box assignments, local conditions, etc. should be sent out by email to the Athletic Director of each school one week in advance
 - For the Final, the host school shall provide the tabulated league standing for teams and individuals to the participating school Athletic Directors with the above so that coaches may look them over and check for accuracy; if there is a discrepancy, the host school Athletic Director should be notified as soon as possible
- A copy of results should be posted following each meet on athletic.net (and on paper if possible)
- Copies of final race results and final league standings should be available at the completion of the meet for coaches to verify before the awards ceremony



CAAC Event Management Policies & Procedures

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General Procedures:

- When a host school conducts a special activity that will interrupt the meet, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels on the course
- **Playing Rules**
 - All MHSAA and National Federation rules will be followed
- **Make-Up Dates**
 - Postponed meets will be made up on the next available date as determined by participating school ADs & coaches
 - Division meets will take precedence over non-division meets
- **Media**
 - Bona fide media shall be provided access to the facility and press areas
 - Photography restrictions will be established by the host school consistent with similar outdoor events
- **Results**
 - Host school will report results to local media and/or post on social media
- **Host School Expectations**
 - Provide an MHSAA registered starter
 - Provide equipment necessary to run the meet
 - Water and ice for both teams
 - Restroom facilities for the visiting team
 - Certified athletic trainer or doctor (if possible)
 - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
 - Have Emergency Action Plans (EAPs) in place for participating team(s) & officials
- **Weather Policies & Suspensions**
 - Host school management will determine if a meet is to begin if course conditions are affected by weather
 - If a meet is to be cancelled in advance due to weather and/or poor course conditions, the visiting team(s) shall be notified prior to 2:00 p.m.
 - Once a meet begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
 - Races suspended before completion will resume from the beginning with a new race
 - If the meet cannot continue after suspension, the meet will resume from the beginning with a new race
 - Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
 - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

Division Championship Determination

- **Regular Season**
 - **Dual Meet Format**
 - Will count one-half toward the overall championship
 - A win is worth 2 points in the standings and a loss 0 points
 - Regular season champion will get the same number of points as there are teams in the division
 - Points will be awarded to other teams in descending order of finish
 - **Jamboree Format**
 - Each Jamboree will be scored separately and the winner of each Jamboree will get the same number of points as there are teams in the division; points will be added together
 - Regular season champion will get the same number of points as there are teams in the division
 - Points will be awarded to other teams in descending order of finish
- **Division Meet**
 - Will count one-half toward the overall championship
 - Division meet champion will get the same number of points as there are teams in the division
 - Points will be awarded to other teams in descending order of finish
- **Overall Champion**
 - Regular Season points will be added to Division Meet points to determine overall finish
 - The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)

All-Conference Selection Format

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- The athletic director/manager of the Division tournament will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team
- Each school will properly complete certificates for their school and distribute them to the proper student(s)
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

All-Conference Awards Determination

- A 1st-Place runner will receive the number of points equal to the number of schools times 7 declared runners (6 schools x 7 = 42); the remaining runners will be assigned points based on their finish in descending order (i.e. 2nd Place – 41 points, 3rd Place – 40 points, etc.)
 - A non-scoring runner is assigned 0 points
- Only the 7 runners in each of the Jamborees that are declared by coaches are eligible for individual All-Conference honors; this means the team scoring and individual All-Conference scoring are both determined only by these declared runners
- The only way for a school to have more than 7 runners earn All-Conference honors is if a coach changes up the lineup for any given Jamboree
- Ties will not be broken; athletes will be announced as being tied for the higher place (i.e. tied for 3rd Place followed by 5th Place, omitting 4th Place)
- All-Conference: Top 14 point-earners
 - All-Conference athletes will receive gold medals plus a certificate
- Honorable Mention: 15th thru 21st point-earners
 - Certificate

Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

MHSAA Handbook Regulations

- A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that sport season in that school year
 - Cross Country shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice (p. 54)
- During the high school season in cross country, a member of the school team in that sport may participate in a maximum of two non-school contests in that sport while not representing his or her school; an event held on not more than three consecutive calendar days is considered a single meet
 - Times or records established shall not count toward any qualifying requirement for MHSAA meets (p. 55)
 - Meets or tournaments entered under the above provision shall not affect the number of games, contests, or days of competition specified for each school team and individual (p. 55)
- A contestant in a cross country meet shall not run a distance greater than 5,000 meters (3.1 miles) (p. 67)
- A student or team shall participate in no more than four interscholastic scrimmages and in no more than 15 days of competition, exclusive of the MHSAA tournament (p. 67)
- A contestant in any sport shall not participate on two different teams on the same date in the same sport, except wrestling, and those sports that allow a "fifth quarter" of participation (basketball, bowling, football, boys lacrosse, girls lacrosse, soccer) (p. 69)
- Uniforms, Attire, Adornments (p. 120):
 - Should the uniform jersey hang below the waistband of the shorts, jerseys must be tucked in
 - Sunglasses may be worn in competition