

BY-LAW ARTICLE XVIII

Cross Country

Boys and Girls

Sect. 1: Cross Country shall be administered by the NHIAA Cross Country Committee and the rules of the National Federation will govern the sport when applicable. The NHIAA Cross Country Championship Meets will be organized, financed, and directed by the NHIAA Cross Country Committee.

Sect. 2: State Divisional Championships

- A. The State Divisional Championships shall be held on the last Saturday in October at sites determined by the NHIAA Cross Country Committee.
- B. For an athlete to compete in the State Championships, he/she must have participated in at least one (1) cross country meet during the regular season.
- C. The distance for races will be approximately 5 km.
- D. The boys and girls will each be divided into three (3) Divisions: I, II and III.
- E. Entry Procedure – See Cross Country Policy and Procedures Manual.
- F. Scoring – To be considered in the scoring for team championships each school must have a minimum number of five (5) finishers. Schools which start with fewer than five (5) runners, will not be eligible for team awards. Team scores will be determined by adding the places in which the first five (5) runners from each school finish. The finish positions of non-team competitors will be eliminated and team finish positions re-ranked in order to determine team scores. Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail.
- G. Awards – Official NHIAA championship and runner-up plaques, as well as ten (10) team medals, will be awarded in each of the divisional meets. In addition, 25 individual medals will also be awarded in each division for boys and girls. (CM 1.20) (CM 11.23)

Sect. 3: Meet of Champions

- A. These meets will serve as the qualifier for the New England Meet, when applicable.
- B. The selection of competitors for these meets will be based on the finish in the divisional meets as determined by the Cross Country Committee. (See Cross Country Policy and Procedures Manual)
- C. The Meet of Champions shall be held on the first Saturday in November at a site determined by the NHIAA Cross Country Committee.
- D. Awards: Official NHIAA medals will be awarded to the top 25 individuals for boys and girls.

Sect. 4: Divisional Alignment

Cross Country shall be aligned into three (3) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2026-27 Boys & Girls Cross Country Divisional Alignment

DIV. I (850+)		DIV. II (500-849)		DIV. III (1-499)			
21 Schools		17 Schools		36 Schools			
Pinkerton	2979	Oyster River	796	Kearsarge	485	Hopkinton	309
Nashua South	1697	Man. West	756	Monadnock	475	Conant	307
Nashua North	1545	Kingswood	727	Pelham	466	Inter-Lakes	279
Dover	1423	Pembroke	718	Gilford	442	Derryfield	270
Bedford	1367	Merrimack Valley	715	Sanborn	433	Newmarket	266
Spaulding	1346	Hollis Brookline	713	Fall Mountain	430	Mascenic	263
Man. Memorial	1345	Souhegan	709	Prospect Mountain	408	Newport	263
Concord	1329	Hanover	693	Winnisquam	372	Bishp Brady	227
Exeter	1329	John Stark	657	Newfound	368	Epping	225
Keene	1263	Coe-Brown	650	Belmont	347	Woodsville	221
Londonderry	1219	Plymouth	643	Trinity	345	Portsmouth Christian	166
Man. Central	1106	Lebanon	642	St. Thomas	341	Hinsdale	156
Salem	1069	Bow	639	Hillsboro-Deering	340	Moultonborough	155
Goffstown	1032	Milford	613	Campbell	337	Wilton	153
Merrimack	1013	Kennett	612	White Mountains	327	Profile	136
Winnacunnet	988	ConVal	603	Raymond	326	Holy Family	75
Portsmouth	983	Laconia	543	Berlin	324	Lin-Wood	67
Alvirne	955			Mascoma	317	Canaan, VT	46
Timberlane	934						
Windham	884						
*Bishop Guertin	767						
		*Petition					