

**2022 CROSS COUNTRY BULLETIN**  
**STATE CHAMPIONSHIP: NOVEMBER 5, KENILWORTH PARK**

**I. GENERAL INFORMATION**

- A. NFHS cross country rules will apply to the regular season, postseason and DCSAA championships, unless otherwise noted.
- B. Schools choosing to enter the DCSAA Cross Country Championship are responsible for reading and adhering to the rules and regulations of the Bulletin and the DCSAA Handbook.
- C. Eligibility rules for all participants can be found in the new 5A DCMR, Chapter 27 at [dcsaasports.org](https://dcsaasports.org).
- D. A CONTESTANT, in order to qualify must be on the active Cross Country roster of the school team by October 17, 2022, and must have participated in a minimum of one cross country meet with the school team this season.
- E. A TEAM, in order to qualify, must have officially participated in at least one regular season cross country race this season.
- F. Rosters of participating student-athletes need to be submitted to the DCSAA office ([desmond.stewart@dc.gov](mailto:desmond.stewart@dc.gov)) no later than Monday, October 31, 2022.

**II. STATE MEET**

**A. Meet Organization**

- 1. Entry Deadline: Monday, October 31, 2022. NO EXCEPTIONS
  - a. Directions for entry:
    - Log on to [dc.Milesplit.com](https://dc.Milesplit.com), the site hosting the online process. MileSplit is an official partner of the DCSAA.
    - Create a log in
    - Choose the Varsity, JV or Middle School race.
- 2. The 2022 DCSAA Cross Country Championships will be held at Kenilworth Park on Saturday, November 5. Middle School and JV races will precede the State Championship races.
- 3. The Games Committee, comprised of members of the State Cross Country

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Committee present at the meet, will rule on any questions and/or protests that arise. Meet officials will handle the finish chute and ensure that athletes start and finish properly and ensure that the meet is run according to NFHS rules.

1. Athletes should come dressed for participation. No locker room access on site.
2. A maximum of seven athletes per school will be permitted to participate in the varsity races.
  - a. There is no maximum number of student-athletes from a school for the JV race.
3. A school may run fewer than five athletes, but a school must finish at least five to be considered for the team title.
4. On arrival to the course, the coach or school representative should report to the registration table for the team's packet containing numbers and course maps.
5. Tentative Schedule:
  1. 9:30 am: Walk of course
  2. 11 am: Middle School Girls Race
  3. 11:35 am: Middle School Boys Race
  4. 12:10 pm: JV Girls Race
  5. 12:45 pm: JV Boys Race
  6. 1:20 pm: Girls State Championship
  7. 1:55 pm: Boys State Championship
  8. 2:30 pm           Varsity Awards
- B. Meet Rules
  1. It is the coach's responsibility to instruct the competitors concerning the course's official markings.
  2. Athletes are permitted to walk the course before the race.
  3. Only participants and credentialed attendants are allowed in starting area.

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4. Any coach observed running with their student athletes will disqualify their team from the race.
5. Runners have a maximum of 30 minutes to complete the race before the course is cleared for the next race.
6. Following the start of the race, coaches MAY NOT move closer to the finish line. The finish line is a restricted area for race participants and officials only

C. Scoring

1. Scoring shall be as shown on the following table:

Place:	First	Second	Third	Fourth	Sixth	etc.
Points:	1	2	3		4	6 etc.

2. All competitors who finish the race shall be ranked and tallied in accordance with the above table. Seven team members retain the order of finish. The team score then shall be determined by totaling the point scores by the first five finishers of each team. The team which scores the fewest points is the team champion.
3. If fewer than five competitors of a team finish, the places of all members of the team shall be disregarded in the team scores.
4. 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.
5. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers, with the lower score prevailing.
6. Top 15 varsity runners receive awards and top two teams will awards.

D. Start/Conclusion

1. The start of the race begins when competitors' uniforms are checked and they are called to the starting line for final instructions. The race is considered to be official and concluded when places have been determined and the results have been recorded.

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2. A competitor finishes the race when the torso of the runner breaks the plane of the finish line.

E. First Aid/Medical

1. Certified Athletic Trainers will be at the event to assist with any medical emergencies.

F. Disqualification

1. Undesirable behavior on the part of the school participants or nonparticipants shall be grounds for disqualification, at the determination of the State Cross Country Committee. Failure to comply with appropriate behavior will result in disciplinary action.
2. Course cutting will result in automatic disqualification from the race.