



2025 CROSS

COUNTRY

BULLETIN

**DISTRICT OF COLUMBIA STATE ATHLETIC ASSOCIATION
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WASHINGTON, DC 20002**

DCSAA 2025-26 STATE CHAMPIONSHIP SCHEDULE

Saturday, November 1: MS/HS Cross Country Championship at Kenilworth Park

Friday, November 7: MS/HS Volleyball Championship at E.B. Henderson Sports Complex, UDC

Sunday, November 9: Soccer Championship (tournament begins Monday, November 3)

Saturday, November 29: Class A Football Championship at Cooper Field, Georgetown University

Saturday, December 6: Class AA Football Championship at Greene Stadium, Howard University

Saturday, January 10: Girls Wrestling Invitational, Jackson-Reed HS

Tuesday, February 10: Indoor Track and Field Championship at PG Sports and Learning Center

Wednesday, February 11: Swimming Championship at Takoma Aquatic Center
(Note: Diving on Tuesday, Feb. 10)

Saturday, February 14: Wrestling Championship at Jackson-Reed HS

Sunday, March 1: MS/HS Basketball Championships (tournament begins Monday, February 23)

Saturday, March 21: Cheerleading Championship

Saturday, April 25: Ultimate Frisbee Championship

Saturday, May 2: HS Chess Championship

Saturday, May 9: MS Chess Championship

Thursday, May 14: Tennis Championships at Southeast Learning and Tennis Center
(tournament begins Monday, May 11)

Sunday, May 17: Baseball Championship (tournament begins Monday, May 11)

Sunday, May 17: Softball Championship (tournament begins Monday, May 11)

Sunday, May 17: Girls Lacrosse Championship

TBD: Golf Championship at Langston Golf Course

Wednesday-Thursday, May 20-21: Outdoor Track and Field Championship at Dunbar HS

Tuesday, May 26: Flag Football Championship

FALL ROSTER DATES

Thursday, August 14: Initial rosters due

Friday, September 19: Supplemental rosters due

Wednesday, September 24: Waiver deadline

GENERAL INFORMATION

- I. NFHS rules will apply to the regular season, postseason and DCSAA championships, unless otherwise noted.
- II. Schools choosing to enter the DCSAA Championship events are responsible for reading and adhering to the rules and regulations of the Bulletin and the DCSAA Handbook.
- III. Eligibility rules for all participants can be found in the 5A DCMR, Chapter 27 at dcsaasports.org.
- IV. DCSAA member schools are permitted to play only opponents that are members of the DCSAA or another state association or who have been designated as approved non-members by a state association.
- V. In order to be eligible to participate in team state championships, teams must submit their weekly results via MaxPreps.
- VI. Certified athletic trainers will be provided at all state championship events.





CROSS COUNTRY

I. ELIGIBILITY

- A. A CONTESTANT, in order to qualify must be on the active Cross Country roster of the school team by October 15, 2025, and must have participated in a minimum of one cross country meet with the school team this season.
- B. A TEAM, in order to qualify, must have officially participated in at least one regular season cross country race this season.
- C. Rosters of participating student-athletes need to be submitted to the DCSAA office (desmond.stewart@dc.gov) no later than Monday, October 27, 2025.

II. STATE MEET ORGANIZATION

- A. Entry Deadline: Tuesday, October 28, 2025 at 11:59 pm. NO EXCEPTIONS!
 1. Directions for entry:
 - Log on to athletics.net, the site hosting the online process: <https://www.athletic.net/CrossCountry/meet/260003/info>
 - Create a log in.
 - Choose the Varsity, JV or Middle School race.
- B. The 2025 DCSAA Cross Country Championships will be held at Kenilworth Park on Saturday, November 1. Middle School and JV races will precede the State Championship races.
- C. The Games Committee, comprised of members of the State Cross Country 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 the meet is run according to NFHS rules.
- D. Athletes should come dressed for participation. No locker room access on site.
- E. A maximum of seven athletes per school will be permitted to participate in the varsity races. Note: There is no maximum number of student-athletes per school for JV races.
- F. A team may run fewer than five athletes, but a team must finish at least five to be considered for the team title.
- G. 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.

NOTE: A coach or school representative MUST be present. Packets will NOT be given to athletes if an adult is not present.

H. Tentative Schedule:

- 9:30 am: Walk of course
- 11 am: Middle School Girls Race
- 11:35 am: Middle School Boys Race (middle school awards to follow)
- 12:10 pm: JV Girls Race (for 9th and 10th graders)
- 12:45 pm: JV Boys Race (for 9th and 10th graders)
- 1:20 pm: Varsity B Girls Race (for 11th and 12th graders)
- 1:55 pm: Varsity B Boys Race (for 11th and 12th graders)
- 2:30 pm: Girls State Championship

3:05 pm: Boys State Championship (high school awards to follow)

III. STATE MEET RULES

- A. It is the coach's responsibility to instruct the competitors concerning the course's official markings.
- B. Athletes are permitted to walk the course before the race.
- C. Only participants and credentialed attendants are allowed in starting area.
- D. Any coach observed running with their student-athletes will disqualify their team from the race.
- E. Runners have a maximum of 30 minutes to complete the race before the course is cleared for the next race.
- F. 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.
- G. 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.
- H. A competitor finishes the race when their torso breaks the plane of the finish line.
- I. 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.
- J. Juniors and seniors are not permitted to run in the JV race.
- K. Fifth graders are not permitted to run in the middle school race.

IV. STATE MEET SCORING

- A. Scoring shall be as shown on the following table:

Place	First	Second	Third	Fourth	Sixth	etc.
Points	1	2	3	4	6	etc.
- B. 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.
- C. If fewer than five competitors of a team finish, the places of all members of the team shall be disregarded in the team scores.
- D. 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.
- E. 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.
- F. Top 15 varsity runners receive awards and top two teams will awards.

