

ARTICLE THREE CROSS COUNTRY

3.1 Cross Country will be a fall sport.

3.2 There will be a schedule of two center meets and a league league championship meet.

- a. These center meets will be scored with one (1) point given for each team that finishes below a team.

3.3 The maximum number of dual and individual meets shall be fourteen (14).

3.4 The League meet shall be held the week before the Sac-Joaquin Section meet and two (2) points will be awarded for each team finishing below a team.

3.5 GAME ADMINISTRATION:

There will be two divisions: Varsity and frosh/soph. If frosh/soph competition is offered in cross-country it will be offered to both boys and girls.

3.6 The distance for the boys' varsity shall be three miles and not less than 2.7 miles. For all other divisions it shall be two miles and not less than 1.7 miles.

3.7 League center meets shall begin at 3:30 unless mutually agreed upon by all involved head coaches.

3.8 Seven members shall constitute a team in a league meet. Only the top five finishers shall count in a team score.

- 3.8-1 Once frosh/soph are moved to varsity and compete in a league meet they may not be moved back to frosh/soph until the MEL championship meet.

3.9 A pennant will be awarded to the winning varsity overall team champions.

3.10 All of the above rules shall apply to boys and girls.

3.11 The duties and responsibilities of running the league meet will be rotated from school to school.

3.12 Restrictions on coaches and non-participating athletes or spectators:

- 3.12-1 Coaches and non-participating athletes or spectators are not allowed to pace the runners.

3.12-2 Running alongside a competitor for five or more strides would be considered pacing.

- 3.12-3 Times cannot be given to any runners in a race unless an appointed official gives them to all runners in the race.

3.12-4 Non-participants are not allowed to use bicycles before or during competition. Bicycle use is only allowed by the coaching staff before the meet for the purpose of setting up the course.

3.13 ALL League Awards

All-League players, for MEL Sports, will be selected by a process approved by the Board of Managers (BOM) and conducted by the Athletic Director in charge of each sport.

Last Revision: August 28, 2025