

ACEL Cross Country Plan 2021-2022



Revised 8.23.21

The General Season Information

ACEL Sanctioned Cross Country

Thank you to The Brighton School for organizing “unofficial” ACEL Cross Country last year. Based on participation during last year’s unofficial season, the ACEL will begin a phasing-in process of sanctioned ACEL Cross Country this year. Because of the meet format of cross country (and track & field), sanctioning full seasons can be a challenge for our league. Learning from our experience in ACEL Track & Field, the board has opted to phase-in cross country over time instead of committing to fully sanctioned cross country this season.

What does a phase-in approach to cross country mean?

It means that in the short term, there will be only one official ACEL cross country event and that event will be hosted by an ACEL member. ACEL members will also be encouraged to host other cross country meets throughout the season. All of these meets should be opportunities for not only our athletes to get experience but also for our members to learn how to run a cross country meet. The ultimate success or failure of ACEL Cross Country is not determined how many athletes participate but by how many of our members are willing and able to host meets.

When ACEL members are able to provide 4-5 regular season meets in addition to the final ACEL sanctioned event, ACEL Cross Country will then become a fully sanctioned ACEL sport with an ACEL provided state championship event.

Applying to Host

The ACEL Cross Country Meet Host Application is available on the cross country page of the ACEL website (theacel.com) under the athletics tab. Meet dates will be awarded on a first come, first served basis. Organizations that have already confirmed venue availability will be given preference over those that have not.

Regular Season Cross Country Meets

ACEL members must apply to host regular season ACEL Cross Country meets. The host of a regular season cross country meet will be responsible for all aspects of the meet. The ACEL recommends the use of courses that are free of charge and that timing be done by hand instead of hiring a timer.

Hosts must submit meet details to the ACEL no later than two weeks prior to the event for distribution to the membership.

Regular Season Meet Funding

Hosts are responsible for all costs associated with the meet. Hosts may charge gate fees per ACEL guidelines and/or reasonable registration fees. Gate and/or registration fees should cover meet expenses. They are not intended to generate profit for the host. Hosts may provide concessions for profit at regular season meets. Hosts may also seek sponsors to help cover meet expenses. Any sponsor donations in excess of meet expense must be forwarded to the ACEL to be applied to the November 6th Invitational meet. The ACEL will honor any sponsor donation to a cross country meet per the agreement set forth in the ACEL State Championship Sponsorship Packages document.

At the conclusion of the meet, the host must report the following information to the ACEL:

- A list of ACEL organizations that participated in the meet
- A list of all athletes that participated in the meet separated into varsity boys, varsity girls, JV boys and JV girls categories
- An expense/ income report
- Any other information or tips that would be useful for future meet hosts.

Available dates for regular season cross country meets:

- August 28
- September 11
- September 18 (Hosted by Acadiana Homeschool Athletics)
- September 25 (Hosted by The Brighton School)
- October 2
- October 9
- October 16. (Hosted by The Brighton School)
- October 23

(The ACEL does not schedule multiple sanctioned sports on the same day. Therefore, cross country meets must be on Saturday so as not to conflict with ACEL football and volleyball. Saturday, October 30 is not an eligible cross country date due to the football and volleyball state championship.)

Who may participate in a regular season meet?

Regular season meets must be open to all ACEL members.

What age groups are allowed at regular season meets?

The ACEL recommends that varsity boys, JV boys, varsity girls, and JV girls races be included. Hosts may include any other additional races such as middle school or “fun runs” as they wish.

How do I commit to a regular season meet?

Participants will register for each regular season meet per host instructions. Hosts must submit meet details, instructions, and rules to the ACEL no later than two weeks prior to the event for distribution to the membership. There is no ACEL commitment fee required for regular season meets. Rosters and accompanying documentation are also not required.

Rules and guidelines for regular season meets

The ACEL recommends that the rules and guidelines listed below for the Invitational Meet be followed during regular season meets. However, hosts may make alterations to these rules and guidelines as needed to suit the particular needs of the meet.

The ACEL Cross Country Invitational Meet

Saturday, November 6, 2021

The purpose of this meet is to develop the format for what will ultimately be the ACEL Cross Country State Championship. The ACEL will supply awards for this meet as follows:

Team Awards

- Varsity Boys' ACEL Cross Country Invitational Team Champions
- Varsity Boys' ACEL Cross Country Invitational Team Runner-Up
- Varsity Girls' ACEL Cross Country Invitational Team Champions
- Varsity Girls' ACEL Cross Country Invitational Team Runner-up
- JV Boys' ACEL Cross Country Invitational Team Champions
- JV Boys' ACEL Cross Country Invitational Team Runner-Up
- JV Girls' ACEL Cross Country Invitational Team Champions
- JV Girls' ACEL Cross Country Invitational Team Runner-up

Individual Awards

- Varsity Boys' ACEL Cross Country Invitational: 1st, 2nd, and 3rd place
- Varsity Girls' ACEL Cross Country Invitational: 1st, 2nd, and 3rd place
- JV Boys' ACEL Cross Country Invitational: 1st, 2nd, and 3rd place
- JV Girls' ACEL Cross Country Invitational: 1st, 2nd, and 3rd place

The host assumes responsibility for all other aspects of the meet. The ACEL Executive Director or the ACEL Track Commissioner will work with the host in organizing this event.

Rules and Guidelines for the ACEL Cross Country Invitational Meet

Meet Qualification

The Invitational Meet is an open qualification event

Meet Registration

Participants must register no later than November 1 for the Invitational meet. Rosters, birth certificates and grade reports are also due by November 1 for athletes participating in varsity boys, varsity girls, JV boys or JV girls races.

Entries

- Minimum of five participants and a maximum of seven participants shall constitute a team. A maximum of five alternatives may be listed on your team roster. If an organization enters fewer than five athletes in a division, they may not compete for a team title, but may compete for individual awards.
- Substitutions. Organizations may make substitutions, but NOT additions on the morning of the meet, up until 30 minutes before the races begin, with a written declaration sheet presented.
- Team score. The place of the first five finishers on each team will count for the total team score. Ties will be broken in accordance with NFHS rules.
- Team Limit. An organization may enter only one team of varsity boys', varsity girls', Jv boys' and Jv girls'.
- Fee. Organizations will be charged \$25 per athlete registered.

AED

The ACEL strongly recommends that all organizations have an AED at all ACEL events.