CROSS COUNTRY

SPORT PLAN

2024-25

Revision date 08/2024

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CROSS COUNTRY

Rules in this section shall apply to both boys' and girls' cross country unless otherwise specified.

1 General Information

1.1 FEES

$30 per competing athlete with a maximum of $300 for teams of 10 or more ((10)VB, (10)VG, (10)JvB, (10)JvG

1.2 Coach Requirements

1.2.1 All coaches are required to complete the NFHS concussion course (https://nfhslearn.com/courses/concussion-in-sports-2) and be able to present their certificate upon request. There will be a $50.00 fine assessed for not having a copy of the completion certificate, either paper or electronic, on hand (accessible).

1.2.2 A copy of the NFHS Track and Field handbook, either paper or electronic, is required by the head coach of each team. There will be a $50.00 fine assessed for not having a copy on hand (accessible).

1.3 FINES

1.3.1 Fines that have been assessed, must be paid to an ACEL authorized representative no later than the end of the Regional or State coaches meeting. **Teams with fines will not be able to compete unless fines are paid.

1.4 ACEL TRACK AND FIELD COMMISSION

1.4.1 The ACEL Track and Field commission consists of regional commissioners and the ACEL Executive Director.

Currently the regional commissioners are:

Eric Wilkes	**Region 1**	eawilkes@gmail.com
Duane Clemmons	**Region 2**	dclemmons@episcopaldayschool.org

1.5 IMPORTANT DATES

2024 DATES	ACTIVITY
October 8, 2024	Commitment Deadline
October 11, 2024	Rosters Due (in accordance with ACEL Rules 4.19)
October 30, 2024	State Meet Registration Deadline(10pm)
November 2, 2024	ACEL XC State Championship

1.6 CONTEST LIMITS

1.6.1 SEASON: The number of meets in which a school may participate in during a season shall be unlimited.

1.6.2 ACEL members may participate in non-ACEL meets.

1.6.3 ACEL members are not allowed to participate in the state, or state qualifying meets of any other league or organization.

1.7 UNIFORMS AND SCHOOLS

1.7.1 Contestants shall adhere to all articles under RULE 4 – SECTION 3 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY in the NFHS Track and Field and Cross Country rules book.

2 STATE CHAMPIONSHIPS

2.1.1 The boys' and girls' state cross country meets shall be conducted on the date listed in the important dates section(1.5).

2.1.2 Both boys' and girls' state meets shall be conducted at the same site. The track commission will secure the state cross country meet venue

2.1.3 The ACEL shall organize and administer the state meets.

2.1.4 A state boys' and girls' cross-country bulletin including official entry forms shall be placed on the website and schools notified when available.

2.1.5 Designating Team Members

1. Coaches with a full team (5 runners or more) shall designate all competing athletes per division, per race.

2.1.6 SCORING - Runners shall be awarded points according to their finish as follows:

Place Finished	**1st**	**2nd**	**3rd**	**4th**	**5th**	**6th**	**7th**	**8th**	**9th**	**10th**
Points Awards	**1**	**2**	**3**	**4**	**5**	**5**	**7**	**8**	**9**	**10**

2.1.7 DISTANCE

2.1.7.1 The Varsity boys' and girls' state meet shall be run over 3.0-3.2 miles.

2.1.7.2 JV divisions will be 2-miles.

2.2 ENTRY INFORMATION

2.2.1 There will be no limit to the number of athletes allowed per school, per race. (Top five runners will be scored)

2.2.2 A school must have at least five runners to have a complete team.

2.2.2.1 If there are not two or more teams with the five runner team requirement. The team requirement will be lowered to three runners for a complete team.

2.2.3 A school shall send a list of contestants on the official state cross country entry form signed by the principal and a school check payable to the ACEL for $30 per contestant with a maximum of $300 per team(boys, girls, varsity, and JV) or paid online at www.theacel.com.

2.2.4 The Official ACEL Roster and fees shall be postmarked/paid by the date listed in Bylaw, "Important Dates" section. A school with a delinquent entry form may still enter its contestants in the meet no later than two hours prior to the run in each division by paying a $50 fine for one contestant or a $100 fine for two or more contestants along with the entry fee. The fine shall be paid by school check payable to the ACEL or paid online.

2.2.5 A school shall be represented by a faculty coach/representative or an ACEL-approved non-faculty coach at the mandatory team packet pick-up area prior to the run in each division. If an eligible representative does not pick- up a school's packet, the school shall pay a $100 fine before it can participate in the run; the fine shall be paid by school check payable to the ACEL.

2.2.6 If a school with one or two contestants is represented by a faculty coach/representative, or an ACEL-approved non-faculty coach from any other school/school system entered in the meet, the representative shall present written permission from both schools

OFFICIAL STATE CROSS COUNTRY ENTRY FORM

Name	JV	V	B	G
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
4	☐	☐	☐	☐
5	☐	☐	☐	☐
6	☐	☐	☐	☐
7	☐	☐	☐	☐
8	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐
12	☐	☐	☐	☐
13	☐	☐	☐	☐
14	☐	☐	☐	☐
15	☐	☐	☐	☐