

CROSS COUNTRY**(Revised June 2015)****A. INTRODUCTION**

1. The grades 4, 5, 6 cross-country meet is to provide an opportunity for the student to participate in the event.

B. RULES

1. Each school is entitled to an unlimited number of runners.
2. Whenever possible, teams should be accompanied by a same gender adult.
3. Decisions regarding the management of results (i.e. Places, times) shall be at the discretion of the convenor for each location to be made in consultation with the divisional Consultant and the respective attending schools.

C. ORGANIZATION

1. The committee members will be assigned the following positions prior to the first meet.

Officials:

Recorders
Starters
Ticket Distributor
Judges/sorting
6 Spotters
Top 20 Ribbon Distributor

Equipment:

Multi-timers & gun
Place Tickets
Finish chute
Flags and Pylons
School signs
Megaphone

2. The cross-country meets may be held on either Tuesdays or Wednesdays beginning in the third week of September when possible and/or at the discretion of the membership for three consecutive weeks. The third date may be used as a rain date. All meets will begin at 1:30 p.m.

PTAA Central	Crescent Drive Park
PTAA South	King's Park
PTAA West	Varsity View

3. The distances for the races shall be at the discretion of the convenor. Suggested distance guidelines:

Grade 4 – 1000 meters

Grade 5 - 1200 meters

Grade 6 – 1500 meters

4. The order of the races shall be:

Week #1

Grade 6
Grade 5
Grade 4

Week #2

Grade 5
Grade 4
Grade 6

Week #3

Grade 4
Grade 6
Grade 5

5. Multi-timers and place cards will be used at all meets except PTAA South where only place cards will be utilized.

D. AWARDS

1. All participants will receive a participation ribbon at the final meet and at the discretion of the team coach/supervisor.
2. The first 20 runners in each classification will receive a ribbon that says top 20.