

Policy XIV: Cross Country Playdown

(revised Sept. 8, 2020)

1. Eligibility and Format

a) Students must meet all eligibility requirements as set out in the HCAA Bylaws. Cross Country is the only HCAA activity where **grade five** students are eligible to participate (grade 6 is the minimum for all other activities).

b) There will be twelve age classes (the following six for each boys and girls):

Senior – 16 or older as of August 31st of (the start of) the current school year

Junior – under 16 as of August 31st of (the start of) the current school year

Intermediate – under 15 as of August 31st of (the start of) the current school year

Bantam – under 14 as of August 31st of (the start of) the current school year

Pee Wee – under 13 as of August 31st of (the start of) the current school year

Atom – under 12 as of August 31st of (the start of) the current school year

c) Race distances will be as follows (Intermediate, Junior, and Senior distances are set by SHSAA, and are listed here current to 2020-2021):

Senior Girls:	4000m	Senior Boys:	5000m
Junior Girls:	4000m	Junior Boys:	4000m
Intermediate Girls:	3000m	Intermediate Boys:	3000m
Bantam Girls:	3000m	Bantam Boys:	3000m
Pee Wee Girls:	3000m	Pee Wee Boys:	3000m
Atom Girls:	2000m	Atom Boys:	2000m

Coaches are strongly encouraged to enter only those runners who have proven the ability to sustain a run/jog for the entire race distance at least once in practice.

d) The order of races will generally be youngest category to oldest category and boys before girls, notwithstanding decisions to combine races.

e) Meet registration/start times will be sensitive to loss of instructional time.

f) A student may take part in one age class only.

g) Coaches may move an athlete up to an older age category, provided:

- the athlete stay in that category for all HCAA (and SHSAA, if applicable) cross country events in the school year
- coaches recognize an athlete in grade 8 (or lower) is NOT (by SHSAA rule) eligible to participate in SHSAA Provincials (unless they have attained the age of 16 – consult the SHSAA)

2. Pre-Districts

a) It is recommended two Pre-District meets will be held. The decision as to which schools attend which meet will be based on location of host sites, geography, and an attempt to have a relatively even number of runners at each site.

- b) Bids for hosting Pre-Districts will be solicited by the HSD ASA and sent to the bids committee. Host sites for Pre-Districts are not on a rotation, and therefore considered “open” bids.

The host for the District Championship is strongly encouraged to also bid to host Pre-Districts (the course is set once for two events and volunteers are more rehearsed).

- c) All six age classes, in both boys and girls, will be contested at each Pre-District.
- d) A medal will be awarded to the first place finisher in each event. Ribbons will be awarded to the 2nd to 10th place finishers in each event.
- e) A School Team Winner plaque will be awarded at each pre-district based on the points accumulated by the **top 5** finishers through **any of the 12 categories** by any one school (1st place = 1 point; 2nd place = 2 points, etc.). The team scoring the **fewest** points is the plaque winner. Tie-breaking shall follow the SHSAA tie-breaking rules for cross country.
- f) The **top ten** runners from each Pre-District in all classes will advance to the District Championship.
- g) If a school sends at least five competitors to Districts, they automatically become entered at Districts as a school team with five finishers counting toward their school team's total. If a school advances only four competitors to Districts, but had a fifth (or others) runner who competed at Pre-Districts, they may add this 5th (or other) competitor to their District team.
- h) A technical committee shall be formed by the commissioner prior to the competition (as per HCAA Policy VII: Duties of Commissioners) to deal expeditiously with protests or disciplinary issues.

4. District Championship

- a) Bids for hosting the District Championship meet shall be solicited by the HSD ASA and sent to the bids committee. The District Championship site is roughly based on a rotation through the quadrants.
- b) All 12 age classes shall be contended at the District Championship.
- c) A medal will be awarded to the first place finisher in each event. Ribbons will be awarded to the 2nd to 10th place finishers in each event.
- d) A School Team pennant will be awarded based on the points accumulated by the **top 5** finishers in **any of the 12 categories** by any one school (1st place = 1 point; 2nd place = 2 points, etc.). The team scoring the **fewest** points is the pennant winner. Tie-breaking shall follow the SHSAA tie-breaking rules for cross country.
- e) The top ten competitors in Intermediate, Junior, and Senior categories advance to Provincials. Open spots may be filled by the next finisher in line. If a school sends at least 4 competitors to Provincials, they automatically become entered at Provincials as a school team with four finishers counting toward their school team's total. If a school advances only

3 competitors to Provincials, but had a fourth (or other) who competed at Districts, they may add this fourth (or other) competitor to their Provincial team (refer to SHSAA Handbook).

- f) District uniforms will be assigned, and will be collected after Provincials. Any **school** whose athlete fails to return their HCAA cross country singlet will be subject to a \$50 replacement and inconvenience fee per singlet.
- g) A technical committee shall be formed by the commissioner prior to the competition (as per HCAA Policy VII: Duties of Commissioners) to deal expeditiously with protests or disciplinary issues.

5. Financial

- a) Transportation, supervision, and accommodation arrangements/bookings/costs for Pre-Districts, Districts, and Provincials are the responsibility of the individual school and its coach. Refer to your Board or Band policy to determine which costs can be recovered through Board or Band funding. **EXCEPTION:** The HSD ASA may coordinate the booking of a block of rooms for all coaches and runners attending Provincial Cross Country, depending on the location of the event.
- b) Any **school** whose athlete fails to return their HCAA cross country singlet will be subject to a \$50 replacement and inconvenience fee per singlet.