

# 2021-22 METRO WEST CONFERENCE BOYS and GIRLS CROSS COUNTRY POLICIES

## CONFERENCE COORDINATOR

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## RULES

### Environmental Heat Problems

If the WBGT (Wet Bulb Global Temperature) reading exceeds an index of 85 degrees F., the meet schedule will be postponed. These readings will be taken by no later than 1:45 p.m. on meet days. If we have an excessive index, schools will be notified or they may call the Coordinator to verify whether the meet is to be rescheduled.

### Scoring

The National Federation Rules shall govern. Only the first seven (7) on each team shall enter into the scoring. In the event of a tie, the 6th place runner will serve as a tie-breaker.

### Length

All boys' meets shall be a minimum of 5000 meters in length.  
All girls' meets shall be a minimum of 5000 meters in length.

### Number of Meets

The maximum number of meets is ten (10).

### Cameras

Meet timing and scoring will utilize backup finishlynx cameras from side and front angles in addition to chip timing.

## EVENT MANAGEMENT

### Sites

Meets will be conducted at a single site for all schools. The 2021 Metro West Conference Championship Meet will be held at Hyland Golf Course on Tuesday, October 19<sup>th</sup>, 2021.

### Inclement Weather Date

In case of postponement on meet day the event will be rescheduled on Wednesday, October 20<sup>h</sup>, 2021, with at 10:15 am start time.

Starting

Teams must be ready to start promptly at the specific time. We will be using chip timing for the MW Championship Meet.

Coach Meeting	2:00 p.m.	in clubhouse
Boys JV	2:45 p.m.	5000 meters
Girls Varsity	3:30 p.m.	5000 meters
Boys Varsity	4:05 p.m.	5000 meters
Girls JV	4:40 p.m.	5000 meters
Awards	5:40 p.m.	on site

Workers/Officials

Workers must be at the site at 2:00 p.m.

**ROSTERS**

Maximum number of runners per team is ten (10) at the Varsity level and unlimited number of runners per team at the JV.

**VISITOR ACCOMMODATIONS**

TBD

**METRO WEST CONFERENCE AWARDS (based on 10 conference members-3 times # of teams so 30 total with a 20 AC/10 HM split)**

Team Championship trophy will be given to the first place team in each gender at the Conference Meet.

Metro West All-Conference teams shall be selected. Number of individuals so recognized:

Metro West All- Conference – 20 boys and 20 girls.

Honorable Mention Awards will be given to the 21st - 30th place finishers for a total of 10 per gender.

**PUBLICITY**

Conference meet results will be provided to the media by the meet manager.

**METRO WEST CONFERENCE MEET**

Location:	Hyland Golf Course
Date:	Tuesday, October 19, 2021
Start Time:	2:45 p.m.
Participants:	Varsity and JV
Budget:	See Metro West Conference Budget

## **COACHES MEETINGS**

### **Pre-season Meeting**

There will be no pre-season meeting for Cross Country.

### **Post-Season Meeting**

A post-season meeting will be held on the day of the Metro West Conference Meet at Hyland Greens.

## **FINANCIAL**

The Metro West Conference Championship meet has an approved budget of \$4600.00 for this event.