

800 CROSS COUNTRY (BOYS & GIRLS)

810 Regulations

- 811 Cross Country shall be conducted under the rules and regulations of the sport as listed in the current WIAA Handbook and Fall Sports Regulations, except as stated in these By-Laws.
- 812 Freshmen, Sophomores, Juniors and Seniors may compete on either the JV or the Varsity levels.
- 813 No runner shall be permitted to participate on more than one level (Varsity or JV) per Conference Championship.
- 814 The conference does not provide a conference schedule other than the conference meet.

820 Schedules and Dates

- 821 Dates:

Start of Season:	Monday, August 19, 2024
Conference Meet:	Saturday, October 19, 2024 (West Allis Nathan Hale Host)
WIAA Sectional:	Friday, October 25 or Saturday, October 26, 2024
WIAA State Meet:	Saturday, November 2, 2024
Conference Coaches Meeting:	Thursday, November 7, 2024 at 4:00 PM Menomonee Falls HS

- 822 The conference meet will be held annually on the Saturday prior to the WIAA Sectional Meet.
- 823 The Conference Champion shall be determined at the conference meet. Ties will be broken using NFHS tiebreaking criteria.

824 Sites:

The site of the conference meet shall be rotated among these schools in the following order:

2024 – Greenfield Park – West Allis Hale
2025 – Dretzke or Sheridan Park - DSHA
2026 – Mitchell Park – Brookfield Central

825 Teams may preview the conference course prior to the Conference meet. Coaches should use sound judgement in the case that there is bad weather or another function is being held at the site at the time the team wishes to practice.

830 Contest Guidelines

831 Race order will follow the rotation for the current year WIAA State Meet.

832 The races at the conference meet will be held every forty minutes as follows:

8:15am Coaches meeting
9:30am First Varsity Race
10:10am Second Varsity Race
10:50am First JV Race
11:30am Second JV Race
12:15pm Awards Ceremony

833 A drawing for lane assignments will be done by the meet manager under the supervision of the host school's Athletic Director. Starting boxes for the meet will allow for at least four runners on the starting line from each team.

834 Each school is allowed a maximum of eight runners on the Varsity level at the conference meet, five of whom shall be counted for the team standing. The eighth runner will not displace. A school may make changes to their roster up until the time of the race. A school may enter less than a full team for individual competition, but will not be counted in team scoring and team championship. If fewer than five competitors of a team finish, the places of all members of that team will be disregarded and the team scores will be re-ranked. Individuals of that team will still be eligible for all-conference honors. The JV team shall consist of an unlimited number of runners with scoring consistent with the varsity; however, a school may not enter a JV runner until at least five runners are entered on the Varsity level. The host school will provide a backup system for scoring. The host school will assure that the timing system conforms to NFHS regulations.

835 The meet manager shall send out information, including course maps and entry instructions for the conference meet two weeks prior to the meet. The entry instructions shall include year in school for all competitors and a ban on pets.

- 836 The starting procedure at the conference meet shall conform to WIAA rules.
- 837 There shall be three WIAA registered officials for the conference meet. The Conference Commissioner shall contract the officials for the conference meet based upon the host school's recommendation.
- 838 The jury of appeals for the conference meet shall consist of the two WIAA starters, the host school meet manager, and in 2024 the Head Boys' Coach from Wauwatosa West and the Head Girls' Coach from Hamilton. Alphabetical order by school in subsequent years for the coaches' representation on the committee.
- 839 If the safety of the runners or the integrity of the course is jeopardized, the coaches will meet and advise the jury of appeals of their recommendation to alter the time schedule of the meet and/or course layout.

840 Awards

- 841 Varsity: Gold medals to the top eight finishers, silver medals to the next eight and bronze medals to the next eight. The top eight shall be designated First Team All-Conference, the second eight will be Second Team and the third eight will be Third Team. At the conclusion of the meet, the medal winners will be called up for the awards ceremony (at which time the medals will be distributed) – Third Team All-Conference, followed by Second Team and finally First Team.
- 842 JV: Ribbons to be provided by the conference. Twenty (20) ribbons per JV race (boys and girls).
- 843 A Conference Championship bar will be presented to the team champion.
- 844 Coaches will nominate and select a "Runner of the Year" at the end of season meeting. The "Runner of the Year" will receive a certificate from the Greater Metro Conference. Ties will be broken by the Athletic Directors.
- 845 Coaches will nominate and select a "GMC Boys' Cross Country Coach of the Year" and a "GMC Girls' Cross Country Coach of the Year."
- 846 Boys' coaches may only vote for the Boys' Coach of the Year and Athlete of the Year. Girls' coaches may only vote for the Girls' Coach of the Year and Athlete of the Year.

850 Results

- 851 The host school shall notify the Milwaukee Journal Sentinel, The Waukesha Freeman, and the West Bend Daily News of the results of the meet.

852 The host school shall send a copy of the results to all principals, Athletic Directors, conference coaches, the Conference Commissioner and the Cross Country Coaches Association.