

2023 MHSA and NFHS Cross Country Changes and Information

For the 2023 season, below we have listed the major NFHS and MHSA Rule changes and also some other important MHSA cross country information. Please contact Kip in the MHSA Office if you have any questions.

FIRST DAY OF CROSS COUNTRY PRACTICE AND MEETS

For the 2023-24 school year, the starting date for cross country practice will be Friday, August 11th and the first date for cross country competition will be Thursday, August 24th. No individual shall participate in any Association cross country meet until he/she has a minimum of eight (8) days of cross country practice of at least one practice session per day on eight (8) different days (no practice is permitted on Sunday), prior to the date of the first allowable cross country meet.

NUMBER OF MEETS

No student shall participate in more than ten (10) meets excluding Association sponsored meets. No cross country athlete may participate in an out-of-state invitation only meet unless approved by the MHSA Executive Director. Any out-of-state participation approved under these criteria will count toward the ten-meet limit for the particular athlete.

POST SEASON COMPETITION

For an athlete to be eligible to compete in post-season competition he/she must compete in at least two (2) Association sanctioned meets, which can be varsity or sub varsity meets, during the regular cross country season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from the rule. The high school for which the student will participate must file a request with the MHSA Executive Director for consideration of a waiver of this rule.

COURSE LENGTH

Course length is 5 Kilometers.

QUALIFYING TIME

As recommended by the MHSA Athletic Committee and approved by the MHSA Executive Board, for the State Cross Country Meet: athletes must meet a qualifying time in at least one regular season cross country meet prior to participation in the 2023 State Cross Country Meet. The qualifying times are as follows:

Boys – 25.00 minutes or faster

Girls – 30.00 minutes or faster

Athletes who do not meet the required performance time at least once during regular season competition will not qualify for participation at the State Cross Country Meet and cannot be entered as a team member or alternate.

Coaches will be required to submit a form stating the qualifying time of each athlete entered in the Meet when they pick up their Coach's Packet in Kalispell.

STATE MEET TO BE HELD IN KALISPELL

The 2023 State Cross Country Meet will be staged in Kalispell on October 21. The competition will take place at Rebecca Farm. Each member school's boys' and/or girls' team(s) may enter seven (7) athletes and two (2) alternates. To view the current MHSA State and NFHS Cross Country Rules addressing uniform and sportsmanship items that all coaches and competitors will be expected to adhere to during the regular cross country season and at the State Cross Country Meet, go to www.mhsa.org; navigate to the cross country page and click on the 2023 State Cross Country Policies and Procedures and NFHS Rules.

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MHSА 60th STATE CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 21, 2023

REBECCA FARMS

KALISPELL, MONTANA

2023 State Cross Country Order of Competition and Awards Presentation Schedule

Start Time

11:00 am	C - Boys	At conclusion, C Boys' individual awards
11:25 am	AA - Boys	At conclusion, AA Boys' individual awards
11:50 pm	C - Girls	At conclusion, C Girls' individual awards and C boys'/girls' team trophies
12:20 pm	AA - Girls	At conclusion, AA Girls' individual awards and AA boys'/girls' team trophies
12:50 pm	A - Boys	At conclusion, A Boys' individual awards
1:15 pm	B - Boys	At conclusion, B Boys' individual awards
1:40 pm	A - Girls	At conclusion, A Girls' individual awards and A boys'/girls' team trophies
2:10 pm	B - Girls	At conclusion, B Girls' individual awards and B boys'/girls' team trophies

STATE CROSS COUNTRY FEES

Each school participating in the 2023 State Cross Country Meet shall share proportionally the cost of running the Meet by paying a \$7.00 fee for each athlete that actually participates in the State Meet (alternates are not considered participants). Example for Team A: 7 boy participants and 7 girl participants = 14 total participants X \$7.00 for

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each participants = \$98.00 will be the fee Team A must pay to participate. Coaches will be required to pay the total fee at the time they register for the state cross country.

Please share this information with your cross country coaches and if you have any questions or concerns please call Kip Ryan at 442-6010 or email him at kryan@mhsa.org.

NFHS Major Rule Changes from 2023

Other rules revisions approved by the Track and Field Rules Committee include the following:

- Rules 8-1, 8-5: Clarifies the cross country course layout and reorganizes the rule.
- Rule 9-6-1: New rule offers guidance on the relay exchange zone for indoor track and field.
- Rule 3-8-1: With technology advancements, changed the requirement for two appointed officials when FAT timing is used to one appointed timing official.