

DIOCESE OF OAKLAND CYO

2019 CROSS COUNTRY GUIDELINES

- 1. THE COURSE** – Cross-country courses are in parks on grass or dirt. The distance will be approximately one mile for all grades, except the K-2 race. Courses should be established so that they are between 7/8ths of a mile and 1-1/8th miles. Courses should be easy to learn, loop courses that runners can easily follow. Some hills and grades should be included, but not so long and steep that average runners would want to walk. Meet directors should mark the courses well, using cones and flour. Courses should be as simple as possible to avoid confusion; runners can be walked through prior to the race.

Multiple Starting Lines may be used. The meet director will determine the number of runners allowed on each line. At Crown Beach and at Joaquin Miller Park, multiple starting lines will be used with only one runner per parish to be allowed on the front lines, the number of lines to be determined by the meet director. Coaches should exercise caution by placing their slower runners on back lines. Kindergarten and 1st grade runners **must** use the back lines. Starting line limitations may be changed by the meet director.
- 2. GRADE DIVISIONS** – Each meet will consist of five races. The races will be run according to the following divisions: K-2 boys and girls; 3rd - 5th grade girls; 3rd - 5th grade boys; 6th -8th grade girls; 6th - 8th grade boys. Runners may compete in a grade division higher than they are enrolled. Each runner may compete in only one race per day.
 - **K-2 Race** will be run at the meets, if the course allows. This race will be ½ mile or less. Only those enrolled in grades K, 1 and 2 are eligible to participate. In keeping with their young age and level of development, *TK may participate in the fun run only*. Girls and boys will run together in the one race but will be divided at the finish for place. No team results will be published.
 - **Color Groups** – In preliminary meets, one race for each division will be held for all parishes but teams will be competing in groups, on a round-robin schedule, against other assigned schools. Parishes will be assigned a group color on the schedule each week. Runners who do not have enough other runners in their grade division from their parish may participate individually; combination parish teams are not allowed.
 - **Relay Meets** – There will only be two races – a girls' race and a boys' race. Combination parish/school teams will be allowed ONLY if there are insufficient runners from a parish/school to form a relay team. There will be a separate division in each race for combination relay teams. No K-2 relay race will be held at the relay meets.
- 3. SCORING** – Team scoring will be based on a minimum of three runners scoring per division. A team is complete if there are three runners fielded in that division. All additional runners will act as "pushers," members of a team who do not score themselves but who will affect the score by finishing ahead of one or more of the first three runners of an opposing team. Because CYO encourages participation, it is an advantage to field a large team.
 - **The Team Score** will be based on the first place runner receiving one point, the second place runner receiving two points, etc. The score of the first three runners from each team will be totaled with the lowest score the winner. Ties will not be broken *in preliminary meets*.
 - **At the Diocesan Meet** – The five division races will be run. Complete teams will compete against all others (no color groups). To be eligible to run in the Diocesan Meet,

a runner must have competed in at least *one* preliminary, competitive CYO cross-country meet this season. *The relay meet and the fun runs will not count as meet participation for the purpose of this rule.* Ties will be broken with the place of each team's fourth runner. If either team has no fourth runner, the tie will stand.

4. **AWARDS – In Preliminary Meets:** Individual ribbons are awarded for 1st through 10th place in each division with a participation ribbon for all others.
In the Diocesan Meet: a banner for each championship and runner up team in each division; individual medals for 1st through 30th place; individual team ribbons for 1st through 5th place team members; a participation ribbon for each participant. In the K-2 race, individual medals will be awarded; no team ribbons are awarded.
5. **PARENTAL PERMISSION FORMS / ROSTERS** – Each participant and her/his parent(s) must complete a “CYO Parental Participation, Health Authorization & Release Form” and “Concussion Awareness Form” prior to practicing and competing. Coaches or a designated person must have them available at all meets and practices. *Rosters shall be completed and held by the coordinators.*
6. **NAME-TAGS** – Each child **must** wear a name-tag with his/her: first AND last name, parish/school team, **gender (K-2 race)**, and grade division **clearly** indicated. Teams must use designated codes for parish/school names. Name-tags must be color coded with the color group to indicate the parish/school teams competed against in the round robin. Teams should bring their own tags but some will be available at each meet. Name-tags should be 1-1/4 “or less in height.
7. **FITNESS AND WARM UP** – Coaches should be certain that their teams are properly warmed up before competition and that each child is fit to run. Teams must arrive at the meet site to allow adequate warm-up. *Be certain that all runners drink sufficient fluids and are adequately hydrated.*
8. **FEES** – Parishes/schools will be charged **\$4.00** per runner per meet. Fees should be paid to CYO following the season.
9. **PRACTICE** – Practice may begin on August 15.
10. **MEET SITES / PRAYER** – A schedule of dates and sites will be published. All meets will begin with a prayer. Sites have picnic areas and many of our teams arrange picnics with team members and families following the meets - a fun activity!
11. **SUPERVISION** – Coaches will enlist adults/parents to supervise participants and younger children at all times. As per CYO rules, there must be two adults present at all activities who have been trained/screened according to Safe Environment. An adult of the same gender as the participants must be present with teams.
12. **MEET OFFICIALS** – Host parishes and the meet director should arrange for and supervise meet officials. **Each parish/school should provide at least two responsible adults or high school youth (other than coaches) as meet officials for each meet.**
13. **RESULTS AND INFORMATION** – Will be published weekly on the Cross Country page of the CYO Website www.oaklandcyo.org