

Cross Country Playoff Information

Sport Manager:

Chappell Carter, NCISAA, ccarter@ncisaa.org

Sport Chair:

Doug Embler, Christ School, dembler@christschool.org, 828-808-6914

Dates & Sites:

Intent to Run	Friday, September 21, 2018	by 12:00 Noon
Entry Deadline	Sunday, October 21, 2018	by 12:00 Noon
Championships	Friday, October 26, 2018	@ Jackson Park Hendersonville, NC

Letters of Intent and Rosters:

1. Rosters with up to ten runners must be posted on www.athletic.net by Sunday, October 21, 2018.
2. Coaches may make initial entries and changes from August 1 to October 21.
3. Should a member of the top seven be injured or sick, you may substitute them as long as the substitutions have met the requirements under team and individual participation AND as long as they were on your top ten entered athletes.
4. Please contact Doug Embler, Christ School, with questions concerning www.athletic.net.

Team Scores:

1. The Cross-Country meet for all classifications (boys and girls) will be held on the same date and at the same site.
2. Team points will be decided by the position each runner attains against other teams not including individual runners.
3. Individuals receive credit for their finish, but places are not counted against team scores.
4. For 2A, 3A and 4A to qualify as a full team you must have at least five runners and no more than seven runners.
 - a. The first five will score for their team
5. For 1A only: The top 3 will count as a team and 4 and 5 will displace.

General Playoff Guidelines-

See [Playoff Info](#) section of the NCISAA Handbook.

Uniforms:

If visible garments are worn under the uniform top and/or underneath the uniform bottom, extending below the knees, they must be of a single, solid color. Top and bottom colors do not need to be the same. If worn by two or more team members, the visible garments must be of the same, single solid color.

Course:

The course will be no less than 3.0 miles and no more than 3.2 miles in length. An official must walk the course prior to the start to ensure that all markers and signs are in place.

Medical Coverage-

1. A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

Admission:

	Championships
Adults	\$10.00
Students	\$5.00
Children (under 8)	Free

- 100% of gate receipts, after approved expenses, is due the NCISAA.

Meet Schedule:

1. Based upon Intent to Run by classification.
2. There must be at least 8 teams in each classification to qualify for a championship race.

8:45 AM	1A Girls
9:30 AM	1A Boys
10:30 AM	1A Awards
10:15 AM	2A Girls
11:00 PM	2A Boys
12:00 PM	2A Awards
11:45 AM	3A Girls
12:30 PM	3A Boys
1:30 PM	3A Awards
1:15 PM	4A Girls
2:00 PM	4A Boys
3:00 PM	4A Awards

Team and Individual Participation:

1. A team member or individual entry must have competed in a minimum of four separate varsity 5K meets on four separate dates throughout the course of a season.
2. Individuals may enter for individual honors only.
3. Placement points will be given in exact team member order.

Site Rotation:

Sport	2018	2019
Cross Country	Asheville	Charlotte

Awards:**Team-**

	1A BOYS & GIRLS	2A BOYS & GIRLS	3A BOYS & GIRLS	4A BOYS & GIRLS
Championship Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Runner-Up Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Individual Gold Medals to Championship Team	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls
Individual Silver Medals to Runner-Up Team	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls

Individual-

All-State Team	1A BOYS & GIRLS	2A BOYS & GIRLS	3A BOYS & GIRLS	4A BOYS & GIRLS
Plaque to Champion of State Championships	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Silver Medal to 2nd Place Finisher of State Championships	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Bronze Medals to Finishers 3-11 of State Championships	9 Boys 9 Girls	9 Boys 9 Girls	9 Boys 9 Girls	9 Boys 9 Girls