

ARKANSAS ACTIVITIES ASSOCIATION

***CROSS COUNTRY
MANUAL***

Fall 2009

This manual is provided for member schools participating in interscholastic cross country by the

Arkansas Activities Association
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State XC entries must be submitted online at www.directathletics.com by November 1.

*Register your team if you have not previously done so and choose
"Arkansas High School State Cross Country Championships" – November 7, 2009*

**This manual will be
updated as needed.
Check the website and the
manual often.**



INVITATIONAL MEET HOSTS –

Please be aware that hosts and officials of invitational and conference meets are required to enforce the uniform/jewelry rules. Remind coaches in advance that compliance is their responsibility, as violators will be disqualified.

The referee and starter should also make a visual check at the starting line for jewelry but jewelry that is not seen at that time and later discovered will still be penalized.

All rules of the NFHS rules book are in effect for ALL interscholastic competitions, invitational, conference (if held) and state. Conference meets are not required and, if held, are not official qualifying events for the state meet.

**Regulations Governing Interscholastic Competition
Including State Championships**

**Arkansas Activities Association's
CROSS COUNTRY MANUAL
FOR FALL 2009**

STATE MEET DATE and SITE – Saturday, November 7, 2009, at Mountain Home High School, 500 Bomber Blvd.

STATE MEET TIME SCHEDULE - Starting times shall rotate each year with the previous year's last division running first and other divisions moving to the next later time slot. For fall 2009 mandatory coaches meeting times and race starting times shall be:

| 2009 | COACHES MEETING * (MANDATORY) | BOYS RACE | GIRLS RACE |
|------|----------------------------------|------------|------------|
| 3A | 8:30 a.m. | 9:00 a.m. | 9:30 a.m. |
| 4A | 9:45 a.m. | 10:15 a.m. | 10:45 a.m. |
| 5A | 11:00 a.m. | 11:30 a.m. | 12:00 p.m. |
| 6A | 12:15 p.m. | 12:45 p.m. | 1:15 p.m. |
| 7A | 1:30 p.m. | 2:00 p.m. | 2:30 p.m. |
| 2A | 2:45 p.m. | 3:15 p.m. | 3:45 p.m. |

* Mandatory coaches meetings will be held just behind the starting line for the races.

RULES - The National Federation Track & Field and Cross Country Rules Book shall be the official rules. This AAA manual includes state-adopted procedures.

PHYSICAL EXAMINATIONS - In any school year that a student engages in interscholastic competition the student shall be required to have a physical examination prior to beginning practice.

ELIGIBILITY - A cross country participant must meet all eligibility requirements of the AAA.

NON-SCHOOL PARTICIPATION - A student may enter non-school competition as an individual during or outside the school season. Coaches should remind athletes that in a non-school competition students shall not represent the school in any manner, including the wearing of a school uniform or using the school name.

BEGINNING AND END OF SEASON - Interscholastic competition may begin in AAA Calendar Week #9 (August 31, 2009) and ends with the state meet in Week # 18.

MAXIMUM NUMBER OF EVENTS - The school may schedule and participate in twelve varsity events and twelve JV events.

SCHOOL COACHES – For all interscholastic competition each team or participant must have a coach (full time, credentialed faculty member) or a credentialed Registered Volunteer (with written authorization) present during interscholastic meets; however, if there are a total of fewer than six participants the school can authorize, in writing, a responsible adult to *supervise* (not coach) the participants.

STATE ENTRIES - No school may enter more than one team in the state meet. Each team may enter up

to nine runners with the top five finishers making up the team score. School entries of fewer than five runners may compete for individual places. Ninth graders are eligible to compete with the sr. high in all classifications. (See **SCORING**, page 3.)

**STATE MEET ENTRIES MUST BE SUBMITTED
NO LATER THAN NOVEMBER 1.
GO TO www.directathletics.com.
Set up your team (G/B) if you have not done so.
Be sure to include the grade for each.
Enter your athletes in the Arkansas
High School State Cross Country
Championships**

CLASSIFICATION - Classification of schools for Boys and Girls State Cross Country meet shall be as follows:

7A, 6A, 5A, 4A, 3A, 2A (includes 1A)

STATE MEET COURSE - Boys-5000 meters; Girls-5000 meters. Runners walking the course must finish before 8:45 a.m. Opening ceremonies will be at 8:45 a.m.

STARTING BOXES – Each school team with five or more runners will have a separate starting box with positions drawn by lot. Schools with fewer than five runners shall be combined in a starting box, with no more than eight runners being assigned to any box.

STATE MEET PARKING – Spectator parking will be in several parking lots adjacent to Mountain Home High School.

STATE MEET ADMISSION - General Admission: Adults and Students - \$5.00.

VENDORS – Souvenir event wear and concessions will be available for sale.

ENTERING THE STATE MEET - There shall be no official qualifying meet for the state meet. However, some conferences choose to hold a conference meet to establish conference champions and name All Conference athletes. State meet entry is required in advance and by the deadline.

DECLARATION / ENTRY DEADLINES – Fall sport declarations are due by June 1; however, in the sport of cross country, a school may:

- Declare or undeclare for girls or boys cross country through October 2 with no penalty.
- Declare with \$25.00 late fee through October 29. Undeclaring after October 29 or no entries/no show for the state meet - \$25 penalty.

Entry Deadline – Must be entered by November 1 on Direct Athletics. May substitute at check-in.

“No Shows” at the state meet, schools declaring but failing to enter, or schools dropping out after October 29 will be assessed a \$25.00 penalty fee and shall forfeit the right for its students to participate in other district, conference or state events until the fee is paid to the AAA office. The AAA Executive Director has the authority to suspend the fee if the school's failure to appear for the event was unavoidable and is documented to the director in writing within 10 days following the meet.

CHECK-IN TIME - Coaches must check in at the state meet at least 30 minutes prior to the time for the mandatory coaches meeting. Following the entry deadline substitutions may be made but no additional entries may be added. **ALL SUBSTITUTIONS MUST BE REPORTED.**

COMPETITOR NUMBERS - Each runner must wear the assigned, unaltered competitor number as listed in the program or as assigned to a duly registered substitute. Failure to do so will result in disqualification.

COMPETITOR UNIFORMS - Each team member shall wear the same color and design school uniform (jersey and shorts). Any visible shirt worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single, solid color, but need not be the same color under each item of apparel. All team members wearing visible undergarments shall wear the same color undergarment items as any other team members wearing such.

Waistbands of participants' shorts shall be worn above the hips and cannot be rolled over.

Shoes are required and may be of any type including spikes. **Wearing apparel, other than footwear, must**

not be removed in the competition area. *One watch* may be worn on the wrist. **NO jewelry** or items of adornment may be worn.

PENALTY: For an illegal uniform, including the wearing of jewelry, the competitor is disqualified from the event.

Always see the referee with any questions about uniforms or other rules PRIOR to the race.

SCORING - The team winner in each race shall be the team having the lowest combined score of its first five finishers. In computing team scores, only the top five finishers for schools having a full team will be considered. Others will be skipped when re-ranking finishers to obtain the official team score.

Individual entries from all schools participating shall win the place they finish.

Sixth and seventh place team finishers shall displace other finishers in computing team scores. Eighth and ninth place finishers shall not be displacers.

TIE BREAKING PROCEDURE - Ties in team scores shall be resolved in favor of the team having the best sixth place finisher. If one team does not have a sixth place finisher the team having a sixth place finisher shall prevail. If only five competitors from the tied teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

STATE AWARDS - Team plaques shall be awarded for first and second places. Individual medals will be awarded to the top ten finishers in each division.

Schools having fewer than five finishers in a race shall not be eligible for team awards. There must be four complete teams competing in a division in order to declare a state champion.

ALL STATE QUALIFICATION - The top ten percent, rounded up, in each division will be designated All State and will receive certificates from the AAA office.



Great state meet merchandise will be available.

CROSS COUNTRY STATE CHAMPIONS

BOYS

2008 – Rogers, Lake Hamilton, Siloam Springs, Heber Springs, Elkins, Trinity Christian
2007 – Rogers, Lake Hamilton, Harrison, De Queen, Shiloh Christian, Jasper
2006 – Rogers, Lake Hamilton, Siloam Springs, Heber Springs, Genoa Central, Jasper
2005 – Rogers, Beebe, Berryville, Jasper
2004 – Rogers, Greene County Tech, Heber Springs, Jasper
2003 – Rogers, Siloam Springs, De Queen, LR Lutheran
2002 – Rogers, Vilonia, De Queen, LR Lutheran
2001 – Russellville, LR Fair, Berryville, Acorn
2000 – Mountain Home, Siloam Springs, Berryville, Acorn
1999 – Rogers, Siloam Springs, Berryville, Eureka Springs
1998 – Rogers, Siloam Springs, Berryville, Acorn
1997 – Russellville, Siloam Springs, Berryville, Acorn
1996 – Rogers, Crossett, Berryville, Pottsville
1995 – Rogers, Sheridan, Eureka Springs
1994 – Rogers, Sheridan, Eureka Springs
1993 – Rogers, Sheridan, Eureka Springs
1992 – Bryant, Lake Hamilton, Eureka Springs
1991 – Bryant, Berryville, Eureka Springs
1990 – Rogers, Berryville, Eureka Springs
1989 – Rogers, Berryville, Eureka Springs
1988 – Rogers, Berryville, Eureka Springs
1987 – Conway, Crossett, Eureka Springs
1986 – Fayetteville, Crossett, Eureka Springs
1985 – Fayetteville, Harrison, Pea Ridge
1984 – Fayetteville, Crossett, Gentry
1983 – Fayetteville, Crossett, Central Arkansas Christian
1982 – LR Central, Bentonville, Gentry
1981 – LR Central, Berryville
1980 – LR Parkview, Ozark
1979 – LR Central, Ozark
1978 – Cabot, Ozark
1977 – LR Central, Berryville
1976 – LR Central, Berryville
1975 – LR Central, Fayetteville, Monticello, Berryville, Harding Academy
1974 – LR Hall, Fayetteville, Cabot, Berryville, Emerson
1973 – LR Hall, Fayetteville, Batesville, Berryville, Emerson
1972 – LR Central, Fayetteville, Searcy, Berryville, Emerson
1971 – LR Central, Fayetteville, Searcy, Berryville, Plainview
1970 – LR Central, Fayetteville, Searcy, Ozark, Kensett
1969 – LR Central, Fayetteville, Searcy, Beebe, Kensett
1968 – LR Central, Searcy, Charleston, Judsonia
1967 – LR Central, Searcy, Charleston, Prairie Grove
1966 – LR Central, Searcy, Beebe
1965 – Fayetteville, Conway, Charleston, Stamps
1964 – LR Central, Conway, Beebe, Stamps

1963 – LR Central
1962 – LR Central
1961 – LR Central
1960 – LR Central
1959 – LR Central
1958 – North Little Rock
1957 – LR Central
1956 – Little Rock
1955 – Little Rock

GIRLS

2008 – Bentonville, Mountain Home, Batesville, De Queen, Elkins, Des Arc
2007 – Rogers, Mountain Home, Batesville, Heber Springs, Green Forest, Des Arc
2006 – Bentonville, Lake Hamilton, Batesville, Heber Springs, Genoa Central, West Side GF
2005 – Rogers, Batesville, Heber Springs, Genoa Central
2004 – Bentonville, Batesville, Heber Springs, Harding Academy
2003 – Rogers, Harrison, De Queen, LR Lutheran
2002 – Bryant, Siloam Springs, Berryville, Harding Academy
2001 – Fayetteville, Siloam Springs, Berryville, Harding Academy
2000 – Bentonville, Harrison, Berryville, Harding Academy
1999 – Bentonville, Harrison, Berryville, Decatur
1998 – Bentonville, Harrison, Berryville, Shiloh Christian
1997 – Bentonville, Harrison, Berryville, Shiloh Christian
1996 – Fayetteville, Harrison, Eureka Springs, DeValls Bluff
1995 – Bryant, Harrison, Shiloh Christian
1994 – FS Southside, Harrison, Shiloh Christian
1993 – Rogers, Harrison, Glenwood
1992 – Rogers, Vilonia, Eureka Springs
1991 – Rogers, Vilonia, Eureka Springs
1990 – Rogers, Lake Hamilton, Eureka Springs
1989 – Rogers, Batesville, Eureka Springs
1988 – Fayetteville, Batesville, Caddo Hills
1987 – Rogers, Lake Hamilton, Altus-Denning
1986 – Conway, Lake Hamilton, Lamar
1985 – Rogers, Lake Hamilton, Lamar
1984 – Rogers, Vilonia, DeValls Bluff
1983 – Rogers, Batesville, Gentry
1982 – Rogers, Vilonia, Bradford
1981 – Rogers, Bradford
1980 – Rogers, Berryville

SCHOOL TITLES

BOYS

Acorn: (4) 2001, 2000, 1998, 1997
Batesville: (1) 1973
Beebe: (4) 2005, 1969, 1966, 1964
Bentonville: (1) 1982
Berryville: (19) 2005, 2001, 2000, 1999, 1998, 1997, 1996, 1991, 1990, 1989, 1988, 1981, 1977, 1976, 1975, 1974, 1973, 1972, 1971
Bryant: (2) 1992, 1991
Cabot: (2) 1978, 1974
Central Arkansas Christian: (1) 1983
Charleston: (3) 1968, 1967, 1965
Conway: (3) 1987, 1965, 1964
Crossett: (5) 1996, 1987, 1986, 1984, 1983
De Queen: (3) 2007, 2003, 2002
Elkins: (1) 2008
Emerson: (3) 1974, 1973, 1972
Eureka Springs (11) 1999, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988, 1987, 1986
Fayetteville: (12) 1986, 1985, 1984, 1983, 1975, 1974, 1973, 1972, 1971, 1970, 1969, 1965
Genoa Central: (1) 2006
Gentry: (2) 1984, 1982
Greene County Tech: (1) 2004
Harding Academy: (1) 1975
Harrison: (2) 2007, 1985
Heber Springs: (3) 2008, 2006, 2004
Jasper: (4) 2007, 2006, 2005, 2004
Judsonia: (1) 1968
Kensett: (2) 1970, 1969
Lake Hamilton: (4) 2008, 2007, 2006, 1992
Little Rock Central: (22) 1982, 1981, 1979, 1977, 1976, 1975, 1972, 1971, 1970, 1969, 1968, 1967, 1966, 1964, 1963, 1962, 1961, 1960, 1959, 1957, 1956, 1955
Little Rock Fair: (1) 2001
Little Rock Hall: (2) 1974, 1973
Little Rock Lutheran: (2) 2003, 2002
Little Rock Parkview: (1) 1980
Monticello: (1) 1975
Mountain Home (1): 2000
North Little Rock: (1) 1958
Ozark: (4) 1980, 1979, 1978, 1970
Pea Ridge: (1) 1985
Plainview: (1) 1971
Pottsville: (1) 1996
Prairie Grove: (1) 1967
Rogers: (16) 2008, 2007, 2006, 2005, 2004, 2003, 2002, 1999, 1998, 1996, 1995, 1994, 1993, 1990, 1989, 1988
Russellville: (2) 2001, 1997
Searcy: (7) 1972, 1971, 1970, 1969, 1968, 1967, 1966
Sheridan: (3) 1995, 1994, 1993
Shiloh Christian: (1) 2007
Siloam Springs: (7) 2008, 2006, 2003, 2000, 1999, 1998, 1997
Stamps: (2) 1965, 1964
Trinity Christian: (1) 2008
Vilonia: (1) 2002

GIRLS

Altus-Denning: (1) 1987
Batesville: (8) 2008, 2007, 2006, 2005, 2004, 1989, 1988, 1983
Bentonville: (7) 2008, 2006, 2004, 2000, 1999, 1998, 1997
Berryville: (7) 2002, 2001, 2000, 1999, 1998, 1997, 1980
Bradford: (2) 1982, 1981
Bryant: (2) 2002, 1995
Caddo Hills: (1) 1988
Conway: (1) 1986
De Queen: (2) 2008, 2003
Decatur: (1) 1999
Des Arc: (2) 2008, 2007
DeValls Bluff: (2) 1996, 1984
Elkins: (1) 2008
Eureka Springs: (6) 1996, 1993, 1992, 1991, 1990, 1989
Fayetteville: (3) 2001, 1996, 1988
FS Southside: (1) 1994
Genoa Central: (2) 2006, 2005
Gentry: (1) 1983
Glenwood: (1) 1993
Green Forest: (1) 2007
Harding Academy (4): 2004, 2002, 2001, 2000
Harrison: (9) 2003, 2000, 1999, 1998, 1997, 1996, 1995, 1994, 1993
Heber Springs: (4) 2007, 2006, 2005, 2004
Lake Hamilton: (5) 2006, 1990, 1987, 1986, 1985
Lamar: (2) 1986, 1985
LR Lutheran: (1) 2003
Mountain Home: (2) 2008, 2007
Rogers: (15) 2007, 2005, 2003, 1993, 1992, 1991, 1990, 1989, 1987, 1985, 1984, 1983, 1982, 1981, 1980
Shiloh Christian: (4) 1998, 1997, 1995, 1994
Siloam Springs: (2) 2002, 2001
Vilonia: (4) 1992, 1991, 1984, 1982
West Side GF: (1) 2006