

## **SOUTHWEST WASHINGTON 1A LEAGUE CROSS COUNTRY SOP'S**

1. Order of running, if it applies: (Varsity will flip-flop yearly).

<u>Odd</u>	<u>Even</u>
Boys	Girls
Girls	Boys
2. Start time of meets is 4:00PM
3. Only the top 5 of 7 from each school will count in scoring meets. Runners 6 and 7 will displace and number 6 will be the tie breaker.
4. The league meet will be on the Thursday (or whenever the host school can get the course) before the week of the district meets.
5. Teams not able to field all 4 teams should notify other teams on the day of the meet.
6. The JV and Varsity meet must be run over the same course and distance to avoid setting up two courses.
7. Home team calls in the results to their home paper.
8. National Federation Rule Book applies.
9. A Junior High race may be run on the same date as Varsity. The Junior High race will start at 3:45PM.
10. League Champion will be the team that wins the league meet.

**Coaches: Please email commissioner your contact info.**

**Remember to post rosters, and game results on [tricoathletics.com](http://tricoathletics.com) as soon as possible.**