

**PACIFIC COAST CONFERENCE
CROSS COUNTRY SUPPLEMENT – MEN AND WOMEN**

00. Cross Country

01. Season Limitations

A. Season

- (1) Practice shall begin according to COA regulations.
- (2) Date of first meeting shall begin according to COA regulations.
- (3) Maximum number of contests including scrimmages and the Conference Championships Meet shall be according to COA regulations.

B. Schedule

- (1) Championship races shall start at 2:30p.m. And 3:15p.m. Women will run first. PCC will require no other interconference competitions.
- (2) Every effort shall be made to run the meet on the scheduled day and at the time. If weather conditions make it unsafe or impossible to compete their meet shall be rescheduled for the following Tuesday. Failure to reach such consent will cause the meet to be rescheduled by the conference commissioner.

.02 Rules

A. Cross-country shall be regulated by rules on the NCAA, the regulations of the COA and by conference provisions.

B. Course and Facilities

- (1) The course shall be four (4) miles in length for men and 5,000 meters in length for women. It shall be of adequate width at all points so as to guarantee equal advantage for all runners and must be clearly marked. Mile markers must be clearly indicated at miles 1, 2, and 3 in both the men and women's courses.
- (2) A finish chute will be used in all conference meets with the wide part of the entrance acting as the finish line as illustrated in the State Cross-Country Supplement.

C. Protests

- (1) Any protest of a dual meet not resolved by NCAA, COA or Conference regulations shall be decided by action of the Pacific Coast Conference.

D. Ties

In the case of a tie, the tie will be broken by the **sixth runner**.

.03 Awards

A. Team

- (1) Award to the team winning the Conference Championship Meet.
- (2) Award seven (7) individual medals to the Conference Championship Team. (was 5 – there are 7 on a team; see .04 A.)

B. Individual

- (1) Award the individual champion of the Conference Championship Meet.
- (2) Award medals to the top 15 (fifteen) finishers in the Conference Championship Meet.

C. All Conference

- (1) The top (15) individuals in the Conference Championship Meet will be designated as the All- Conference Team and will receive certificates and medals.

.04 Conference Championship Meet

- A.** Unlimited entries for men and women from each college shall be allowed in the Conference Championship Meet. All entries must qualify by starting and finishing at least one sanctioned race prior to participating in the championships. Any entered runner may score. Only the top 7 (seven) runners for each college shall count.
- B.** The Conference Championship Meet shall be rotated among the colleges of the conference on an alphabetical basis after an initial draw. Prior to the Conference Championship Meet, the host college shall establish an alternate course and include a map of the course with the meet information to be distributed.
- C.** The Jury of Appeals shall consist of the meet director and two representatives, each from other conference member colleges. They shall be selected by a rotation system from next 2 schools that follow the Conference Finals Host College as shown in .06.)

.05 Committees

- A.** Conference appointed sports representative to chair all meetings.
- B.** Membership to consist of all coaches who are currently coaching cross-country teams in the conference.
- C.** Voting membership shall consist of 1 (one) vote. Per cross-country team, per college.

.06 Conference Finals Rotation (updated last 3 dates)

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|------------------------|-------------|
| 2. Southwestern | 2008 |
| 3. Cuyamaca | 2009 |
| 4. Palomar | 2010 |
| 5. San Diego City | 2011 |
| 6. Grossmont | 2012 |
| 1. S D Mesa | 2013 |

(Each new season host rotates to the bottom; new colleges added to the bottom.)