

---

# SPORT – BY – SPORT REGULATIONS & POLICIES

---

## MEN'S AND WOMEN'S CROSS COUNTRY REGULAR SEASON

### ***Regular Season Format***

Each member participating in the Conference's men's or women's cross country league may schedule other members at its discretion during the regular season.

### ***Regular Season Services***

1. A publicity release, naming both a Male Cross Country Athlete of the Week and a Female Cross Country Athlete of the Week is compiled and distributed by the Conference staff.
2. The BIG EAST Cross Country/Track & Field Coaches Association holds its official annual coaches meeting each September. These meetings are held at the Conference office headquarters in even years and via conference call in odd years. Attendance is mandatory for all head coaches. In extreme situations where the head coach cannot attend, the institution's sport administrator or Director will determine the substitution.

### ***Regular Season Policies and Regulations***

Not applicable

### ***Regular Season Awards***

1. Men's Staff of the Year \*
  2. Women's Staff of the Year \*
- \* A vote of all head coaches, with final approval by the Conference staff, determines award recipients. Nominating/voting is conducted at the championship site.

## CHAMPIONSHIP

### ***Championship Format***

1. Fourteen (14) men's and sixteen (16) women's teams compete in a meet to determine a men's champion and a women's champion. The event is conducted in one day with the men participating in an 8,000-meter race and the women participating in a 6,000-meter race. The order of races alternates each year (women first in even years, men first in odd years).
2. A championship technical meeting will be conducted for all head coaches 1.5 hours prior to the first race at the course.

### ***Championship Seeding Requirements/Procedures***

1. Each team may enter up to but not exceeding nine (9) runners, five (5) of which score and two (2) displace.
2. A list of final starters is given to the Clerk-of-Course at his or her request the morning of the championship.

---

# SPORT – BY – SPORT REGULATIONS & POLICIES

---

## MEN'S AND WOMEN'S CROSS COUNTRY (continued) CHAMPIONSHIP

### ***Championship Policies & Regulations*** (NCAA rules and guidelines are followed unless otherwise noted)

1. Officials are contracted by the host institution with approval by the Conference staff. The meet director is responsible for ensuring properly qualified officials:  

Referee; Judges of Finish (3); Starter; Clerk-of-Course; Marshals (2); Timers (3); Course Inspectors (10); Chute Inspectors (3); Scorers (2); Secretaries (2).
2. There is a Men's and Women's Protest Committee to handle disputes filed during the event. The Protest Committee consists of the Men's & Women's Cross Country Coaches Association President, the BIG EAST Administrator and the members of the Men's and Women's Cross Country Committee. Should the institution of the Chair of the Coaches Group be involved in the protest, the next head coach alphabetically, by institution, will serve as the alternate.

### ***Championship Awards, Gifts & Services***

1. The men's and women's championship teams receive a trophy and individual awards.
2. The men's and women's runner-up teams receive a trophy.
3. The men's and women's third place teams receive a trophy.
4. The men's and women's individual champion and individual runner-up receive an award.
5. The top fifteen (15) male and female individual finishers are named to the All-Conference Team and receive individual awards.
6. The Conference staff produces a championship program. A press release previewing the event is distributed a week prior to the championship.
7. Each Cross Country Championship participant competing at the championship receives a gift from the Conference office, which is shipped to each head coach after the Cross Country Championships.