

Cross Country

Section I - Championship Eligibility

The following schools compete for the conference championship in cross country: Bryn Mawr (women only), Dickinson, Franklin & Marshall, Gettysburg, Haverford, Johns Hopkins, McDaniel, Muhlenberg, Swarthmore and Ursinus.

Section II - Men's and Women's Cross Country Committee

Chair: Don Nichter, Dickinson.

Liaison: Jamie Smith, McDaniel.

Section III - Playing Season Regulations

- A. Length of Playing Season.** The length of an institution's playing season in cross country shall be limited to a maximum of 18 weeks (traditional and nontraditional segments combined). (*Adopted 1/12/04*)
- B. Traditional Segment.**
- 1. Preseason Practice.** A member institution shall not commence practice sessions before the date that permits a maximum of 16 practice opportunities before the first scheduled intercollegiate game or before September 1, whichever is later.
 - 2. First Contest or Date of Competition.** An institution shall not engage in its first date of competition (contest or scrimmage) with outside competition prior to September 1 or the preceding Friday if September 1 falls on a Saturday, Sunday or Monday. An unlimited number of exhibition scrimmages may be conducted on one date during the preseason practice period, which shall count as one date of competition in the institution's maximum limitation on contests or dates of competition.
 - 3. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to nine (9) contests, except for those contests excluded in the *NCAA Manual*.
- C. Nontraditional Segment**
- 1. Preseason Practice.** For an institution that conducts its nontraditional segment in the spring, February 1.
 - 2. First Date of Competition.** September 1.
 - 3. Nontraditional Season Length.** All practice and competition during the nontraditional segment shall be limited to a maximum of five weeks.
 - 4. Practice Opportunities.** The Conference permits a maximum of 16 practices with no more than four practices in any one week. (*Revised 6/4/03*)
 - 5. Maximum Limitations.** The Conference permits one date of competition with outside competition that is counted toward the allowable 16 practices (*i.e. 15 practices + 1 DOC = 16; 16 practices + 0 DOC = 16*). (*Revised 6/4/03*)
 - 6. Class/Laboratory Time.** No class or laboratory time may be missed for practice or competition.

Section IV - Rules Governing Championship

- A. Determining the Conference Champion.** The Conference champion will be determined at a Conference championship meet.
- B. Tie-Breaker.** The NCAA regional tiebreaker will be used to decide the winner of a conference championship tie. The tiebreaker will compare the place finish of each team member 1-5 versus their respective competitors on the opposing team (Team A's first finisher versus Team B's first finisher, etc.). The winner is the team winning the majority (best of five) of the comparisons. If more than two teams are tied, the criteria is applied in the same sequence until only one team remains. If the tie cannot be broken using the five-point system, the average time of each team's top five finishers will be used. (*Adopted 6/6/01*)
- C. Eligibility for Championship.** To be eligible for the Conference championship, a school must schedule a minimum of four Conference schools over two or more competitive dates during the regular season. (*Revised 6/3/98*)
- D. Suspension of Championship.** The liaison for the committee should be "on call" in the event that an unforeseen emergency causes the suspension of the championship. The liaison will serve as the administrative component in the decision-making process along with the administrators on the games committee. (*Adopted 5/31/06*)

Section V - Regulations Governing Competition

- A. Entry Fees.** To defray the expense of operating Conference championship events, the following fee will be assessed: \$10 per individual. Payable to the host institution, the fee must be received before that individual can compete. The deadline for entrants is two weeks before the start of the championship. (*Adopted 6/2/99*)
- B. Date/Site of Championship Meet.** The championship will be held two weeks before the NCAA Division III Regional meet.
November 1, 2008-Gettysburg
October 31, 2009-Dickinson
2010-Johns Hopkins

- C. **Championship Meet Distance.** The men's championship will be conducted at 8,000 meters, while the women's championship will be conducted at 6,000 meters.
- D. **Starting Times.** The starting times for the championship races should follow the NCAA meet order. In even-numbered years (2008, 2010, etc.), the men's championship race will begin at 11 a.m., while the women's championship race will begin at 12 noon. In odd-numbered years (2009, 2011, etc.), the women's championship race will begin at 11 a.m. and the men's championship race will begin at 12:00 p.m.
- E. **Number of Entrants.** Each school may enter up to 12 athletes with team scoring conducted under NCAA rules.
- F. **Officials.** The host institution must have at least five (5) paid officials to ensure a first-class competition. The officials can be used to cover responsibilities such as starter, head timer, finish judge, finish line crew, scorer and course marshals.
- G. **Junior Varsity Race.** A junior varsity race may be held in conjunction with the Conference championship at the discretion of the host institution. *(Adopted 6/2/99)*
- H. **Finish Line Camera.** The host site must have a finish-line camera as a minimum standard. *(Adopted 6/6/01)*
- I. **Course Review.** The championship course must be made available for review for teams on the Friday prior to the meet. *(Adopted 6/6/01)*
- J. **Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. *(Adopted 6/1/05)*

Section VI - Championship Meet Expenses

The host institution should pay for all expenses and submit a Championship Expense Report Form to the Conference Office for reimbursement. If expenses are entirely covered through ticket sales and extra revenue remains, it will be returned to the Conference Office to offset deficits from other championships. If the expenses are not covered by the fees, the Conference Office will absorb the deficit, provided the host institution kept expenses within the budget guidelines.

Section VII - Awards

- A. **All-Conference Team.** The first seven finishers at the conference championship meet will be named first-team All-Conference, while the second seven finishers will be named second-team All-Conference. The first finisher at the conference championship meet will be named Runner of the Year.
- B. **Weekly Honors.** The Conference Office, in cooperation with the Sports Information Directors committee, will list an Honor Roll for individual performances during a selected period.
- C. **Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate one opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. Once again, coaches may not vote for themselves. Ties will not be broken and co-winners will be named.
- D. **Academic Honor Roll.** To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:
 1. The student-athlete must be a starter or key reserve on her/his team.
 2. Must be a sophomore or higher in class standing.
 3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.
- E. **All-Sportsmanship Team.** All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. *(Adopted 5/30/07)*

Section VIII - Calendar

First Contest:	Friday, August 29, 2008.
Conference Championship:	Saturday, November 1, 2008 at Gettysburg.
NCAA Regionals:	Saturday, November 15, 2008 at Waynesburg, Pa. (Waynesburg, host)
NCAA Finals:	Saturday, November 22, 2008 at Hanover, Ind. (Hanover, host)
2009 NCAA Finals:	November 21, 2009 at Cleveland, Ohio (Baldwin-Wallace, host)
2010 NCAA Finals:	November 20, 2010
Committee Meetings:	Monday, August 11, 2008 (conference call).
	Monday, December 8, 2008.