



2025 CROSS COUNTRY GUIDELINES

Changes for the 2025 Season:

1. No Changes

I. Length of Meet

Recommended course length is **5000 meters (3.1 miles)** for high school and **3200 meters (2 miles)** for junior high. Course is to be marked according to National Federation colors: **red-left, yellow-right, and blue-straight ahead.**

II. Uniforms

Uniforms are to conform to National Federation rules or as amended by the PIAA.

III. Schedules

The Sports Chairperson/Committee provides schedules for a two-year cycle. Schools may reschedule contests as needed based upon mutual consent of both schools.

IV. Officials

A PIAA official is required as a starter and finish judge.

V. Meet Operation

- A. Recommended starting time is 4:30 PM. The time may be changed by mutual consent.
- B. Meets shall be run according to National Federation Rules: Seven (7)

runners shall be considered for the scoring of the run. Modified or “Ghost” scoring is to be used for all meets.

- C. Visiting teams that wish to walk the course must be present at least an hour prior to the contest or they forfeit this right.
- D. Meets that count in Divisional standings are to be scored as a dual meet.
- E. Races are to be run separately. Boys will run first followed by the girls.
- F. All Mid Penn schools should have a current course map available on their website and restrooms should be readily available at the start/finish lines.

VI. Divisional Championship

Division champions will be determined by best win/loss record. If a tie exists, co-champions will be recognized.

VII. All-Star Selection

Medal winners at the MPC Championship Meets are designated as MPC All-Stars.

VIII. Postponement of Contests

Meets postponed are to be run the next day unless by **mutual** consent of both schools.

IX. Reporting to media

The home school is responsible for reporting scores to the media and to the Mid Penn Cross Country Chair (spenner@bigspring.k12.pa.us).

X. Conference Championship Meet

- A. A championship meet will be held at least seven (7) days prior to the District III Meet.
- B. There will be one boy’s championship race and one girl’s championship race.
- C. Runners must be certified as eligible by the schools to participate.
- D. Registration details will be communicated leading up to the event.
- E. Each team (boys and girls) may register an unlimited number of individuals. From those registrations, seven (7) individuals per team (boys and girls) may run in the Mid Penn Conference Championship race per

NFHS guidelines. The remaining individuals per team (boys and girls) may run in the Tim Cook Memorial 5k race (if applicable, details to be provided by the host site). ***No runner may participate in both races.***

- F. Thirty-five (35) medals will be awarded in each race.
- G. The boy's and girl's teams having the lowest team scores will be declared champions.
- H. A Middle School Pod Championship for both the boys and girls teams is encouraged. Any Pod Championship will not conflict with the Mid Penn Championships and must be self-sustaining financially. Schools in the pods are responsible for the planning and execution of a championship if they choose to hold one.

XI. Qualification for Districts

- A. The Mid Penn Conference Meet **IS** a District III Championship qualifying meet.
- B. The District III Championship is **NOT** an all-comers meet. Teams and individuals **MUST** qualify through the league championship meet. League championship meets will be the only qualifying venue. Times/finishes at other meets will not be accepted.
- C. Schools (teams) not affiliated with the league must make arrangements to attend one of the league meets.
- D. Schools (teams) should visit the District III website, <https://piaad3.org/>, to review the annual updates of District III Championship qualifying standards for each classification/team/individual.
- E. Schools (teams) are to follow District III registration methods for entry into the District III Championship.