

WIAC CROSS COUNTRY OPERATING CODE

2009 Season

[Note: The WIAC Sport Codes consist of those policies, procedures and practices unique or specific to the conduct and administration of each conference championship sport, and are intended as **supplements** to the *NCAA Manual*, *WIAC Handbook on the Governance of Intercollegiate Athletics* and the recognized playing rules of each sport, **not** as replacements for them. In addition, football, volleyball and men's/women's basketball have manuals that include expectations related to the administration of those sports.]

I. RULES

A. Conference/National Rules

Coaches are expected to be knowledgeable of and abide by all WIAC and NCAA rules. When in doubt, coaches are expected to consult with their athletics director concerning the application of a rule.

B. Contest Rules

The NCAA Track and Field/Cross Country Rulebook shall govern all WIAC cross country competitions.

II. SPORT SEASON

A. Squad Limits [See WIAC Bylaw 16.1]

The number of student-athletes permitted to participate (practice or compete) in **men's** cross country is limited to 24 (plus allowable additions).

B. Length of Season/Contest Limitations

Refer to current NCAA Manual [Bylaw 17.5].

C. Race Distance

The recommended distance is the same length as the National Cross Country Meet. A host institution can elect to establish race distances different from those of the national meet provided they have informed all participating institutions beforehand.

D. Scoring

The scoring shall follow the current NCAA Track and Field/Cross Country Rulebook.

E. Number of Race Entries

The host institution shall determine the number of entries and the number of teams an institution may enter. A host institution may run all its team members at a home meet as varsity, junior varsity or other team members.

III. CONFERENCE CHAMPIONSHIP [See Guidelines for the Administration of WIAC Championships]

A. Team Eligibility

Each institution must compete in at least three meets prior to the Conference Championship.

B. Date

The meet shall be held the two weeks prior to the NCAA Division III Regionals. The meet shall be a combined men's and women's Championship.

C. Site and Time

1. The meet site will rotate in the order listed below. The race starting times will be 12:00 noon and 1:00 p.m. The order of races will alternate each year between men and women unless the coaches agree upon a different proposal. Race order shall be the same as the NCAA Division III National Championship order.

2008 - Stevens Point	2013 - River Falls
2009 - Whitewater	2014 - Superior
2010 - Eau Claire	2015 - La Crosse
2011 - Platteville	2016 - Oshkosh (repeat)
2012 - Stout	

2. The meet director should arrange for an alternate site (across state) in case of poor weather conditions. This requires cooperation of all coaches and Athletics Directors. If a site change occurs, the original site will host "as soon as possible" but not necessarily the next year (there may be other campus commitments that would prevent hosting).
3. All coaches should be available for a conference call at 9:30 a.m. on the Friday of the Championship to discuss weather conditions and site.

D. Race Distance/Course Markings

The distance shall be the same as designated for the NCAA Division III Championship Meet. Course markings (e.g., directional, mileage) are left to the discretion of the host institution.

E. Entries

An institution may enter a maximum of 15 individuals and all 15 entries should be listed in the championship program. Final entries must be received by the Monday preceding the championship. Each institution is limited to a maximum of 12 male and 12 female participants in the championships.

F. Race Packets/Timing Chips/Race Bibs

1. Race packets are to be made available by the host institution on the Friday afternoon for those institutions arriving on Friday while the timing chips are to be distributed on Saturday morning.
2. Host institutions are to provide race bids that include the names of the competitors for the championship.

G Scoring

1. The scoring shall follow the current NCAA Track and Field/Cross Country Rulebook.

2. Ties will not be broken.

H. Rules

All NCAA Cross Country rules shall be followed.

I. Meet Committee

A meet committee shall be convened to address issues that arise during the conference championship tournament which are not covered in the Operating Code. The Meet Committee shall be comprised of the Commissioner (or designee), the athletics director of the host institution, the sport chair, and the head coach from the institution that hosted the championship the previous year.

J. Awards Ceremony

The awards ceremony will begin 1hr. 15 min. following the start of the second race.

K. Restroom Facilities

A reasonable number of “competitor only” port-a-potties are to be placed near the start area in those instances in which a permanent restroom facility is not in close proximity.

IV. AWARDS [See WIAC Administrative Regulation Article 25]

A. Conference Championship

A championship award (plaque or trophy) will be awarded to both men’s and women’s championship teams. Each member of the championship team will receive a certificate. The awards are to be presented immediately following the completion of the final competition.

B. Athlete-of-the-Week

Each week during the season, the cross country sport committee will select a male and a female cross country athlete-of-the-week when nominations and data are sufficient. All nominations must be submitted to the conference office no later than Noon on each Monday during the season. The nominations will be compiled and distributed by the conference office to all of the head coaches via e-mail with a voting deadline of 9 a.m. on Tuesday. The recipients will receive a plaque from the conference.

C. Coach-of-the-Year

A coach-of-the-year will be selected by the coaches for both men’s and women’s cross country on the Monday following the NCAA championships in accordance with the criteria established in WIAC Administrative Regulation 25.4. The recipients will receive an award from the conference.

D. Athlete-of-the-Year

A male and female WIAC Cross Country Athlete-of-the-Year will be selected by the head coaches via an e-mail vote on the Monday following the NCAA championships.

E. Scholar-Athlete Award

A scholar-athlete will be selected for both men’s and women’s cross country at the conclusion of the season in accordance with the criteria established in WIAC Administrative Regulation 25.6. In men’s

sports, the award shall be entitled the “**Max Sparger Scholar-Athlete Award**”. In women’s sports, the award shall be entitled the “**Judy Kruckman Scholar-Athlete Award**”.

E. All-Conference

The WIAC All-Conference First Team for both men and women shall be comprised of the top 7 finishers in the conference championship meet. Each recipient will receive a plaque. The second team shall be comprised of the 8-14 finishers. Each recipient will receive a medal. The 15-20 finishers will receive honorable mention certificates.

F. All-Sportsmanship Team

An All-Sportsmanship team will be named at the conclusion of the cross country season. The team will consist of one member from each team (as selected from that team) who displays exemplary sportsmanship throughout the season. Each member of the All-Sportsmanship team will receive a certificate from the conference.

VI. SPORT CHAIR/SPORT COMMITTEE MEETING

A. Sport Chair

The Sport Chair will be the coach of the conference championship host institution team. [See WIAC Administrative Regulation 24.2 for duties and responsibilities of sport chairs.]

B. Cross Country Sport Committee Meeting

The cross country sport committee shall conduct its annual telephone conference call on the Monday afternoon following Thanksgiving.

2009 CHAMPIONSHIP

Date:	Saturday, October 31, 2009
Site:	UW-Whitewater
Meet Director:	Paul Plinske, AD
Sport Chairs:	Jeff Miller, UW-Whitewater July 1, 2009 to June 30, 2010
Athletic Directors' Liaison:	Steve Nelson, UW-Superior
Sport Committee Conference Call:	3:30 p.m., Monday, November 30, 2009