

CROSS COUNTRY: MEN & WOMEN

All business conducted by sport committees must be submitted as recommendations to the Administrative Committee.

I. Conference Meet

- A. The MCC Cross Country meet will be hosted by the University of Saint Francis on Saturday, November 7, 2009.
- B. All eligible runners may compete in the MCC Cross Country Meet
- C. Eligibility will follow NAIA policies and standards.
- D. The MCC Cross Country Meet will be the sole determinant for the MCC Champion.
- E. Administration of the MCC Cross Country Meet will be in accordance with directives of the Mid-Central College Conference and the NCAA Track & Field guide with course markings and meet procedures following NAIA standards.
- F. The course shall be 5 miles or 8,000 meters in length for the men and 3.1 miles or 5,000 meters for the women and verified by the cross country coach of the school hosting the MCC Cross Country Meet.
- G. Course terrain must be acceptable to a majority of the MCC cross country coaches prior to scheduling the meet.
- H. The host school will provide necessary officials to read times at each of the mile marks.
- I. The host school will provide the official results of the meet immediately following the meet.
- J. The MCC team Cross Country Championship trophy and the twelve (12) All-MCC plaques will be awarded at the MCC Cross Country Meet site. The cross country chair will be responsible to have these awards on hand at the meet.
- K. A team must finish a complete team (5 finishers) to gain points toward the All-Sports trophy
- L. The host athletic director in conjunction with the cross country chair will coordinate the MCC Cross Country Meet.

II. NAIA Postseason Qualification – The winner of the MCC Cross Country Meet will receive an automatic bid to the 2009 NAIA Cross Country National Championships, to be held on November 21, 2009 in Vancouver, Washington.

III. All-Conference Team

- A. The MCC All-Conference team will be the first twelve (12) finishers in the MCC Cross Country Meet. Runners must place in the top 7 on their respective team in order to qualify for All-Conference honors.
- B. **Coach of the Year** – The MCC cross country coaches will vote on the Coach of the Year selection at the conclusion of the MCC Cross Country meet. A majority vote will win.

IV. Sport Chair - The position of Sport Chair will be voted upon every two years. No term limitations will be set, but individuals must be nominated and voted into the position of Sport Chair every two years.