

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 meet will be hosted by Goshen College on Saturday, November 5, 2011.
- B. All eligible runners may compete in the MCC Cross Country Meet. Eligibility will follow NAIA policies and standards.
- C. The women will run first, followed by the men at the MCC Cross Country Meet. A minimum of one hour shall occur between races.
- 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. The MCC will use chip timing at the conference meet, with the cost to be paid by the conference up to a maximum of \$1,500.00. Any cost over \$1,500.00 will be covered by the host school.
- H. Course terrain must be acceptable to a majority of the MCC cross country coaches prior to scheduling the meet.
- I. The host school will provide necessary officials to read times at each of the mile marks.
- J. The host school will provide the official results immediately following the meet.
- K. The MCC “team” Cross Country Championship trophy and the 15 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.
- L. A team must finish a complete team (5 finishers) to gain points toward All-Sports trophy.
- M. 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 2011 NAIA Cross Country National Championships.

III. All-Conference Team

- A. The MCC All-Conference team will be the first 15 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/Rater - The positions of Sport Chair and Rater will be voted upon every two years. No term limitations will be set, but individuals must be nominated and voted into the positions of Sport Chair and Rater every two years.