

**CHAPTER 5—MEN’S AND WOMEN’S CROSS COUNTRY REGULATIONS**

**1. Playing Season Policies.**

**a. Championships Determination.**

The team and individual Conference champions in both men’s and women’s cross country shall be determined at a Conference championship meet. (6/92)

**b. Conference Schedule.**

There shall be no required regular season Conference schedule in the sport of cross country. See also AR 2-2-a. (6/92)

**(1) Rescheduling Policies.**

No cross country meet shall be rescheduled if cancelled. (7/92)

**2. Meet Policies.**

**a. Playing Rules.**

Regular-season meets shall be conducted under the NCAA Track & Field/Cross Country Men’s and Women’s Rules. (6/92)

**(1) Squad Limit.**

There shall be no squad limits on regular-season, non-Conference competition. For intra-Conference competition, which shall be defined as a meet in which at least two Conference institutions compete, visiting institutions shall be limited to traveling and competing 12 men and 12 women. There shall be no limit for traveling teams that use neither air transportation nor overnight accommodations in order to compete. There shall be no squad limit for intra-Conference competition held prior to the last weekend in September. (5/76, 6/86, 12/88, 6/92, 6/95, 6/99, 10/02, 10/03, 6/09, 6/10, 12/13, 8/16)

**3. Conference Championships.**

**a. Date and Site.**

The Conference Men’s and Women’s Cross Country Championships shall be conducted annually two weeks prior to the NCAA Regional meet. The Championships site shall be selected on the following rotation basis: (12/73, 5/76, 5/83, 6/87, 6/92, 5/97, 1/00, 6/12, 12/13, 12/14)

<b>Year</b>	<b>Host Institution</b>	<b>Year</b>	<b>Host Institution</b>
2016-17 .....	Arizona	2022-23 .....	Washington
2017-18 .....	Oregon	2023-24 .....	Arizona State
2018-19 .....	Stanford	2024-25 .....	UCLA
2019-20 .....	Oregon State	2025-26 .....	Colorado
2020-21 .....	USC	2026-27 .....	California
2021-22 .....	Utah	2027-28 .....	Washington State
			(10/04, 10/10, 10/11, 8/14, 8/15)

An institution must declare its inability to host no later than the September coaches’ meeting one academic year prior to the academic year it is scheduled to host the Championships. (10/08, 10/09, 12/14)

**b. Entry Deadline.**

Four weeks prior to the Pac-12 Conference Cross Country Championships, the host institution will print off each school's men's and women's roster from TFRRS. Coaches must insure their rosters are current at this time. These rosters are then used to print bibs for every potential competitor.

A maximum of 15 entries per gender must be submitted to DirectAthletics ([www.directathletics.com](http://www.directathletics.com)) by 10:00 am PDT the Monday before the Championships. Each institution's competitive squad (10 runners max) is limited to those entered at this time.

At the pre-race technical meeting, each coach will submit their men's and women's competitive team. Coaches may submit as many as 12 for each gender, and take bibs and chips for all 12 from the meeting. The maximum competitive squad size is ten per gender. Coaches must turn in bibs and chips for all non-competitors to the clerk no later than twenty minutes before race time. (12/73, 10/05, 2/17)

**c. Playing Rules.**

The Conference Championships shall be conducted under the NCAA Track & Field/Cross Country Men's and Women's Rules. (5/76, 6/92)

**(1) Course.**

The course shall be 6000 meters in length for women and 8000 meters for men. (12/76, 6/86, 6/89, 1/00)

**(2) Squad Limit.**

A maximum of ten men and ten women must be declared by each institution 20 minutes prior to the start of each race. (5/76, 6/86, 6/92, 10/02, 6/09, 8/09, 6/10, 12/13, 12/14, 2/17)

**d. Results.**

The host institution shall compile the results of the Championships and distribute copies to the Conference office and all Conference cross country coaches and sports information directors. (5/76)

**e. Starting Time.**

The period between the starting times of the men's and women's races shall be 60 minutes. In even years the women will race first followed by the men. In odd years the men will race first followed by the women. (6/99, 8/16)

**4. Awards.**

The Conference men's cross country coaches shall select the recipient for the men's cross country coach of the year award. The Conference women's cross country coaches shall select the recipient for the women's cross country coach of the year award. Coaches may not vote for themselves. Balloting shall be completed the Monday after the conference championships. Coaches shall rank their top two choices for the men's cross country coach of the year and the women's cross country coach of the year. The Conference shall award the men's athlete of the year and women's athlete of the year to the top finisher of the Conference championships. The Conference will present men's freshman athlete of the year and women's freshman athlete of the year to the top finisher with freshman or redshirt freshman eligibility at the championships. An individual award from the Conference will be provided at the conclusion of the Conference championships. (6/92, 6/00, 10/07, 12/14)

**a. All-Conference Team.**

The all-Conference team shall consist of the top seven finishers in the men's and women's Conference Championship races and each shall be provided an award from the Conference. The eighth through four-

teenth-place finishers in the Conference Championships races shall be accorded second-team honors and shall be provided a certificate by the Conference office. (6/92, 2/99, 10/03)

**b. Individual Awards.**

Individual awards from the Conference office shall be provided to the Men's Coach of the Year, the Women's Coach of the Year, the Men's Athlete of the Year, the Women's Athlete of the Year, and to the Men's Freshman of the Year and the Women's Freshman of the Year. An individual award from the Conference office shall be provided to the top ten individual male finishers and top ten individual female finishers at the Conference Cross Country Championships. (6/92, 2/99, 10/03, 6/07, 12/14)

**5. Meetings of Coaches.**

There shall be an annual meeting of the track and field and cross country coaches. The attendance of each head coach of track and field or cross country is mandatory. The attendance of one other head coach is optional. Each Conference institution shall have two votes, one each for the men and women's programs. (6/86, 9/92, 2/00, 10/01, 10/02)