

## 2025-2026 HCAL Cross Country Sports Plan

### Cross Country Dates:

Date	Event	Location-Address
10/25	Austin Regional Meet	TBD
11/01	Houston Regional Meet	TBD
11/08	HCAL State Meet	Southwestern University - 1001 E. University Ave, Georgetown, TX 78626

### Rules:

The *NFHS Track and Field and Cross-Country Officials Manual* will govern all rules not stated in this sport plan.

### Regional Meet Divisions:

- Each city will have their own Regional Meet with the following races offered:
  - Varsity Girls – 3200 meters
  - Varsity Boys - 5000 meters
  - MS Girls – 3200 meters
  - MS Boys – 3200 Meters
  - JV Girls/Boys – 3200 meters
- Each Race will utilize chips to determine finish (individual/team)
- Only Varsity Divisions will compete for State Qualification (top 7 times will count towards team placement)
- Top 20 individuals & Top 4 Teams in each Region will advance to the State Meet
  - The sum of the top 5 runners from each team will count towards the Total Team Score
  - In case of a tie – we will apply the NFHS Rules (the 6<sup>th</sup>/7<sup>th</sup> Runner Results from each Team)
- MS Divisions – will offer medals for the Top 20 finishers & Top 3 Teams
- HS JV Divisions – will offer medals to the top 10 finishers & a Championship Team Plaque to 1<sup>st</sup> Place
- Cut-off time = 30 min. (any competitor still racing after will no longer be timed/scored)
- Team substitutions will be allowed – if runners are certified on the official HCAL Rosters

### State Championship Meet

- The HCAL State Meet will only offer the following races based on individuals/teams who qualified:
  - Varsity Girls – 3200 meters
  - Varsity Boys - 5000 meters
- Top 10 individuals and Top 3 Teams will be awarded (for each race)
- Team Substitutions will be allowed – if runners are certified on the Official HCAL Rosters

### The Official Course:

- Course will be marked with cones/flags at all corners & turns.
- If a turn is difficult – there will be an adult directing traffic to ensure safety of the course.
- Each coach is responsible for their runners understanding the course.



- No other markings besides the Official HCAL Markings for the course will be allowed.

#### Entries:

- A Team consists of a minimum of 5 runners – with 7 runners counting towards team placement
- Total score is calculated by the place of the first 5 finishers on each team.
- Ties will be broken in accordance with NFHS Rules.
- Each school may only enter 1 boys' team & 1 girls' team
- 6<sup>th</sup> & 7<sup>th</sup> graders must participate in the Middle School Division Race (**no one in grades K-5 will be allowed to participate**)
- 8<sup>th</sup> Graders may apply to compete in the Varsity Level and must submit a request to HCAL.
- Individuals are still able to participate, if a school does not have enough for a Team.(these individuals will also compete to qualify for the State Meet -varsity level only)
- JV/MS will have unlimited entries – only the top 7 runners will count for awards.
- **The maximum number of entries allowed for varsity is 10 runners** - only the top 7 runners will count for awards.
- All HCAL Cross Country Entries will be required to be submitted through [www.athletic.net](http://www.athletic.net).
- ADs and Coaches will receive entry instructions approximately 2- weeks prior to the meet.
- Entries must be submitted by 11:59 pm on the deadline date.

#### High School – HCAL Honors:

- Awarded to Varsity Girls/Boys & Coaches
- All Region- Top 10 Finishers
- *Top 10 State Finisher* – State Championship Meet (Girls/Boys)
- *Coach of the Year* – Championship Team (per gender)
- *All-Academic Team* – any athlete with a 3.75 GPA or higher during the season

#### Required Uniforms Expectations:

- Minimum of a school issued jersey top, shorts and shoes
- If leotard, bike shorts, body suits, or closed legged briefs are worn – shorts must be worn over them
- Any visible garment is worn underneath the uniform – must be of a single/solid color
- When other apparel is worn under the jersey or if leotard/biker shorts or body suits are worn under the shorts by more than one team member (two or more), that apparel must be of the same color (team must wear the same color underneath any official uniform garment)
- Contestants **may not** wear caps, toboggans, head bands, or jewelry – only strings/rubber bands/tape may be used to keep hair in place. (unless it is a religious requirement)
- In the case of inclement weather – the meet referee may allow toboggans/other apparel.
- Each competitor must wear their assigned Bib/Chip #
- **Watches or hats may not be worn by competitors due to interference with timing equipment.**

#### Professional Dress – Coaches/Administrators:

- Business casual – school polos and nice khakis shorts. (hats may be worn)
- Jeans, t-shirts, cargo pants/shorts, tights, or athletic shorts are **NOT Acceptable**
- Thank you all for always representing our schools/charter school network well!

