



SCAL Cross Country Rules

Rules and Guidelines:

- 1. The cap for middle school teams will be no more than 15 runners per team (15 Boys / 15 Girls)**
- 2. The cap for elementary teams will be no more than 10 runners per team (10 Boys / 10 Girls)**
- 3. Medals will be awarded to the top 3 runners in each division and team trophies will be presented at the SCAL Championship only.**
- 4. ALL SCAL Meets will be held at DOVER DISTRICT PARK: 2803 Dover Park Dr. Dover, FL, 33527**
- 5. Elementary Boys begin at 4:30pm: 1 mile race**
- 6. Elementary girls begin at 4:40pm: 1 mile Race**
- 7. MS Boys begin at 5PM: 2 Mile Race**
- 8. MS Girls Begin at 5:15PM: 2 mile race**
- 9. The SCAL Championship race will be winner takes all, not an accumulation of points over the season.**

NOTE: IN ORDER FOR A RUNNER TO RUN IN THE SCAL CHAMPIONSHIP RACE, THEY MUST RUN IN AT LEAST 4 OUT OF THE 5 SCAL LEAGUE MEETS. IF ANY MEETS GET CANCELED DUE TO WEATHER AND WE ARE UNABLE TO MAKE IT UP, THE NUMBER OF RACES REQUIRED WILL MOVE TO 3 RACES.

****Please keep in mind we may or may not have access to restrooms/port-a-johns: so plan accordingly****