

2023-24 METRO WEST CONFERENCE BOYS and GIRLS CROSS COUNTRY POLICIES

CONFERENCE COORDINATOR

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RULES

Environmental Heat Problems

If the WBGT (Wet Bulb Global Temperature) reading exceeds an index of 85 degrees F., the meet schedule will be postponed. These readings will be taken by no later than 1:45 p.m. on meet days. If we have an excessive index, schools will be notified or they may call the Coordinator to verify whether the meet is to be rescheduled.

Scoring

The National Federation Rules shall govern. Only the first seven (7) on each team shall enter into the scoring. In the event of a tie, the 6th place runner will serve as a tie-breaker.

Length

All boys' meets shall be a minimum of 5000 meters in length.
All girls' meets shall be a minimum of 5000 meters in length.

Number of Meets

The maximum number of meets is ten (10).

Cameras

Meet timing and scoring will utilize backup finishlynx cameras from side and front angles in addition to chip timing.

EVENT MANAGEMENT

Sites

Meets will be conducted at a single site for all schools. The 2023 Metro West Conference Championship Meet will be held at Hyland Golf Course on Tuesday, October 17th, 2023.

Inclement Weather Date

In case of postponement on meet day the event will be rescheduled on Wednesday, October 18th, 2023, with at 10:15 am start time. (IF HYLAND AGREES)

Starting

Teams must be ready to start promptly at the specific time. We will be using chip timing for the MW Championship Meet.

Coach Meeting	2:00 p.m.	in the clubhouse
Boys JV	2:45 p.m.	5000 meters
Girls Varsity	3:30 p.m.	5000 meters
Boys Varsity	4:05 p.m.	5000 meters
Girls JV	4:40 p.m.	5000 meters
Awards	5:40 p.m.	on site

Workers/Officials

Workers must be at the site at 2:00 p.m.

ROSTERS

Maximum number of runners per team is ten (10) at the Varsity level and unlimited number of runners per team at the JV.

VISITOR ACCOMMODATIONS

TBD

METRO WEST CONFERENCE AWARDS (based on 8 conference members-3 times # of teams so 24 total with a 16 AC/8 HM split)

Team Championship trophy will be given to the first place team in each gender at the Conference Meet.

Metro West All-Conference teams shall be selected. Number of individuals so recognized:

Metro West All-Conference – 16 boys and 16 girls.

Honorable Mention Awards will be given to the 17-24th place finishers for a total of 8 per gender.

PUBLICITY

Conference meet results will be provided to the media by the meet manager.

METRO WEST CONFERENCE MEET

Location:	Hyland Golf Course
Date:	Tuesday, October 17, 2023
Start Time:	2:45 p.m.
Participants:	Varsity and JV
Budget:	See Metro West Conference Budget

COACHES MEETINGS

Pre-season Meeting

There will be no pre-season meeting for Cross Country.

Post-Season Meeting

A post-season meeting will be held on the day of the Metro West Conference Meet at Hyland Greens.

FINANCIAL

The Metro West Conference Championship meet has an approved budget of \$4600.00 for this event.