

ECIC CROSS COUNTRY STANDARDS:

- I. General Guidelines:
 1. Dual Meets are normally scheduled by the ECIC Office to start at 4:30pm.
 2. Boys and girls' races are to be run separately, boys and then girls, normally starting at 4:30 and 5:00 respectively.
 3. Races may be combined with prior mutual consent of the varsity team coaches. The official should be notified of this change prior to the start of the contest.

- II. Duties of Dual Meet Host School:
 1. Provide a course map and make available to the visiting team at least one week prior to the contest.
 2. Provide a safe and adequately marked course according to National Federation Rules.
 3. Provide a guide to accompany the visiting team while touring the course, if requested.
 4. Inform opposing team of any natural/unnatural hazards on the course.
 5. Explain the course and answer any questions posed by the visiting team.
 6. Provide and hand out place finish cards to be used as a back-up for team scoring.
 7. Contact the Buffalo News (849-4461 or 1-800-777-8610) and report meet results asap after the contest.
 8. Provide an official to oversee the contest.

- III. Duties of Visiting School:
 1. Arrive at least 45 minutes prior to the scheduled start of the contest.
 2. Meet with opposing coach for course explanation.
 3. Voice any concerns to both the opposing coach and official prior to the start of the race.

- IV. Duties of the Official:

1. Arrive at least 15 minutes prior to the scheduled start of the contest.
2. Speak with the host school coach for an explanation of the entire course.
3. Review course map.
4. Allow the coach to explain and answer questions from competitors or coaches.
5. Oversee the starting line position selection for competing teams to insure a fair start for competitors.
6. Indicate to the competitors the starting commands.
7. Start the race(s) using a .22 or .32 caliber starting pistol.
8. Observe the contest from start to finish.
9. Determine the record 1st place finish and official time. Also record official order to finish for entire race from position at finish line and determine official score of competing teams.
10. Consider any problems resolve, if necessary, before providing official result to competing teams.
11. Investigate any complaints immediately upon occurrence.

V. Awards:

All Stars - The first (7) finishers in each division will be awarded an ECIC First Team All Star Division Patch. The first place finisher will receive a blue patch, second a red patch, third a white patch, fourth a green patch and 5th through 8th a ribbon. The second seven (7) finishers, 8-14th place will be awarded Second Team ECIC Division All Star.

Team Awards - ECIC Regular Season Champions: The team from each division with the best dual meet record will be designated and awarded blue "ECIC Division Team Championship" Patches.

ECIC Championship Meet Champions - The team from each division that wins their division at the ECIC Championship Meet by scoring the lowest team point total will be designated as champions.

Revised 2010, 2015, 2019