

Cross Country 2022

All races will begin at 3:30 pm with the JV race unless the host school makes other arrangements. JV (5th/6th) teams will run approximately 1.2 miles and Varsity (7th/8th) will run approximately 2.4 miles. The top 3 runners in each division will receive a ribbon or medal supplied by the host school. The winning team in each division will receive a certificate from the host school.

Both JV and Varsity teams will have no more than 7 members each. At the start of each race, schools will each place their top 2 runners on the start line, with their next 2 runners behind them and so on to alleviate overcrowding at the start line. Team scores will be determined by adding the finish place of the top 5 runners from each school to obtain a team score. In the case of a team tie, the 6th runners from each school will be looked at. If a team does not have a 6th runner, the place of each school's 4th place runner will be used. The additional runners from each school will be allowed to compete but their place will not count toward the team score, nor will it displace any other competitor's place. The league will supply 3x5 index cards numbered 1-50 to give to runners as they cross the finish line. Times will be recorded. As runners finish, they will give their card to their coach who will then return the cards to the head judge for final scoring. Each host school is responsible for properly marking the course and providing on-course race officials. The league will provide a Head Judge, Timer, Recorder, and Finish Line judge who will hand out cards. Those positions will need to be determined before the first race.

9-1-2022 Hosted by St. Anthonys, location will be announced

9-8-2022 Hosted by Tonto Basin, Green Valley Park

9-15-2022 Hosted by GWA, Freeman Park

League Championship

9-22-2022 Hosted by HIS, Holbrook Indian School