

Time and Order of Races:

2:45	National Anthem
3:15	Girls Varsity Race
3:55	Boys Varsity Race
4:35	Girls JV Race
5:15	Boys JV Race
6:00	Awards Presentation

Team Champions, All Conference, and JV places will be announced after the meet.

LANE ASSIGNMENTS FOR THE CONFERENCE MEET WILL BE MADE BY THE ATHLETIC DIRECTOR IN CHARGE OF CROSS COUNTRY.

A postponed meet will be rescheduled. Every attempt will be made to make a decision to postpone by noon and have that decision communicated to each school by 12:30 p.m.

1. Total All Conference awards to be equal to two times the number of schools participating: Year 2024: The top **28** finishers in the girl's varsity race and the top **28** finishers in the boys' varsity race will be recognized during the award ceremony.
2. Honorable mention All Conference honors will go to the **29st through 42th** place finishers in the boys and girls varsity races
3. In case of injury or serious illness a coach can nominate that individual by email or at end of season coaches meeting for All Conference Honorable Mention consideration only.
4. **No awards will be provided for the JV races.**

Announcer will announce the Team Champions, for both genders followed by the reading of the all-conference runners.

The order of announcing will be: Varsity.

Appeals committee will consist of 3 schools and 1 alternate. These will be picked by the Activities Director in charge of Cross Country before the conference meet.

Prior to the Conference Meet a google form & map will be sent with an assigned course position for each team.

Other information: the post season coaches' meeting is the first Monday after the MSHSL State Cross-Country Meet at Maple Grove Senior High Library or virtual starting at 4:00 pm.

Players violating MSHSL rules during the fall season will not be eligible for NWSC awards.

Boys and Girls Cross Country Running

Revised November 2, 2023

Directives:

1. Any information received from the MSHSL or Coaches Association is to be brought to the attention of the Athletic Director in charge of Cross-Country Running.
2. Schedule changes are to be made through and with the permission of the Athletic Director in charge of cross-country.

Championship:

1. The girls and boys conference championships will be determined at the conference championship meet.
2. Conference trophies and all-conference awards will be presented at the conference meet.

Meet Regulations:

1. Length of courses: Boys 5,000 Meters
Girls 5,000 Meters

*NWSC will adopt course distances as used by the MSHSL.

2. **Number of participants:** Varsity **10 runners**
Junior Varsity Unlimited
3. Scoring: First five (5) finishers will be considered for team score. The next two finishers will push.

2024 Conference Meet

Site: Elk River Golf Club

Date: October 9, 2024

Make-up date options:

- Thursday, October 10 @ Elk River Golf Club
- If we get intermittent lightning we will run Varsity only on Wednesday, October 9 and JV on Monday, October 14