

Addendum B

2011 MEN'S & WOMEN'S CROSS COUNTRY POLICIES AND PROCEDURES

- I. GAME MANAGEMENT
 - A. Cal Pac meet courses shall be marked in accordance with NCAA Division III regulations.
 - B. A detailed map with meet information shall be sent to participating institutions at least one month in advance of the meet.
 - C. Toilets, water, and two (2) trainers with an adequate emergency plan in place must be provided for all Cal Pac meets. Refer to Conference Sport Medicine Policy (Addendum H).
 - D. All Cal Pac race results shall be sent to participating teams and the Cal Pac SID within 24 hours.

- II. CHAMPIONSHIP
 - A. To be eligible for Cal Pac Conference Championship participation, each team must participate in a least one (1) Cal Pac meets prior to the championships, and every runner must compete in at least one intercollegiate meet prior to the championships. Exceptions may be made on a case-by-case basis subject to prior approval of the commissioner.
 - B. At least two, but not more than four, weeks prior to the Cal Pac Championship meet, the institution hosting the championship meet will host a meet on the championship course.
 - C. The Conference will pay up to \$200 to cover essential costs of the Cal Pac Cross Country Championships, including expenditures for facilities and timer rentals, and excluding awards.
 - D. The Championship meet location will be rotated annually. Rotation: 2011-Pacific Union College, 2012-William Jessup University, 2013-UC Merced, 2014-Simpson University, 2015-Menlo College.
 - E. The Championship meet shall take place on a Friday.
 - F. The team champion shall represent the Cal Pac at the NAIA championships if the conference has an automatic bid.

- III. SCORING & ADMINISTRATION
 - A. Each institution may enter unlimited individuals in the conference championship meet, however, only the top seven runners will figure in the scoring and those seven runners must be designated by each institution no later than 30 minutes prior to the start of the championship race. (8/11)
 - B. Each team's top five finishers from among the seven designated runners will be used to score the meet.
 - C. The championship host is responsible for arranging for officials and a computerized scoring system at the championship race.
 - i. Teams shall submit a list of their official participants at least one week prior to the race. Teams may submit more names than will participate.

- D. The women's race shall be contested first. The men's race shall follow after the course has been cleared of all preceding race participants.
- E. The women's race shall be 5K in length.
- F. The men's race shall be 8K in length.

IV. AWARDS

- A. All-Conference recognition will be given to the top seven finishers in both the men's and women's races. (8/11)
- B. The individual champion shall receive a separate award.
- C. The team champion will receive an award.
- D. Coaches shall vote for a Coach of the Year at the championship meet. Coaches may not vote for themselves.

V. MEETINGS

Coaches are expected to attend two meetings annually. The first will be at the Cal Pac Convention in August. A second may occur at the Conference Championship meet.

VI. SCHEDULE

Cal Pac teams will attempt to host their meet on the same weekend each year to facilitate scheduling.

Approved: 9/24/00

Revised: 2/27/01, 8/26/01, 8/25/02, 5/04/05, 6/08, 8/11