

## BIG RIVERS CONFERENCE CROSS COUNTRY BYLAWS

- Athletic Director in Charge: Menomonie
- Annual Meeting Date: Wednesday after State Meet - 5:30 (Stout Ale House)
- Game Times: The BRC meet shall begin at 10:00 A.M. on Saturday prior to the sectionals.  
The head coaches will hold a meeting 30 minutes prior to start of first race. If a team has not reported 30 minutes prior to the start of first race, the head coaches and the meet manager will decide an appropriate action to take.  
Varsity: The BRC meet shall begin at 10:00 A.M. on Saturday prior to the sectionals.
- Warm Up Times: As per WIAA regulations. The visiting teams shall be allowed a minimum of a 15-minute warm-up period before the conference meet starts.
- Equipment: As specified in WIAA Fall Season Regulations
- Conference Meet: At least one week prior to conference meet, the host meet director will provide maps of both courses and he/she will provide other information pertinent to the running of the meet to all conference schools. Host school shall provide cell phone number at the meet site to all schools.
- \* Schools shall be placed by lottery on the starting line conducted by the host school. The starting line shall be lined, painted, or boxed. Starting line is numbered 1-7 from left to right.
  - \* Not more than eight (8) runners may represent any school in the varsity race. All eight are eligible for conference awards, but only five count in the team scoring and two as displacers.
  - \* Each competing school will be allowed an unlimited number of JV entrants
  - \* In the conference meet, race distances will be 5000M for the boys and 5000M for the girls. The conference meet course shall be marked at the ½ mile, mile, kilometer, 2K, 3K and two-mile points. The host school shall provide a split reader at mile and two-mile points.
  - \* The time schedule for races and race distances follows the Sectional format. These times are subject to change due to weather related issues/concerns and course conditions.
- | Even Year            | Odd Year             |
|----------------------|----------------------|
| 10:00 Boys' Varsity  | 10:00 Girls' Varsity |
| 10:00 Girls' Varsity | 10:00 Boys' Varsity  |
| 10:00 Boys' JV       | 10:00 Girls' JV      |
| 10:00 Girls' JV      | 10:00 Boys' JV       |
- Conference Championship: Conference championship will be determined by adding the place points of the top five (5) runners, the individual scores are taken out before the team scores are tabulated. However, the individual runners from these partial teams are still eligible for a conference award.
- All-Conference Selection:
- \* The first eight (8) runners for both boys and girls at the conference meet will be selected first team all-conference and will receive gold medals.
  - \* Places nine (9) thru sixteen (16) will be recognized as second-team All-conference and will receive silver medals.
  - \* Places seventeen (17) thru twenty-four (24) will be recognized as "honorable mention" all-conference and will receive bronze medals.
  - \* The first twenty four (24) runners for both boys and girls in the JV conference race will be awarded ribbons.
  - \* Championship teams will receive a Plaque/Trophy. Members of the winning boys and girls teams will receive certificates
- Media/Results: Host school for BRC meet will be responsible for sending conference meet results to the BRC statistician and to the press (Leader Telegram & St. Paul Pioneer Press).

Approved: 11/10/2017