

SECTION XII - CROSS COUNTRY

1. Rules

A. Hosting of the Provincial Championship will be set on a rotating basis by Zone.

2018	North East	2022	South Central
2019	South	2023	North West
2020	Central	2024	Calgary
2021	North Central	2025	Edmonton

B. Athletes will not be permitted to wear and/or use any form of audio device while competing.

C. The meet shall be run in accordance with the Track and Field rules as published by the IAAF.

D. The appeal Committee for Cross Country Provincials will be decided at the coaches meeting prior to the competition. Each Zone coach will be eligible to sit on this Committee. Three of the Zone coaches will be chosen by the race director to sit on the appeal Committee. Those chosen will be announced at the coaches meeting before the competition. In case any of the original three Zone coaches are in a conflict of interest (having an athlete from their school involved in the appeal), the remaining five coaches will be alternates and will be chosen by the race director based on availability. The Commissioner will Chair this Committee and will not vote.

2. Season of Play

The Season of Play for Cross Country shall be May 1 to the Provincial Championships on the third Saturday in October. The Season of Play is not intended to include July and August. Practice in the fall may begin August 16. See SECTION V – ACTIVITIES, Item 3, pages 54-57 for more information.

3. Zone Representation

A. There shall be three race classifications for both boys and girls:

- i. Junior under 16 before September 1 of that school year
- ii. Intermediate under 17 before September 1 of that school year
- iii. Senior under 19 before September 1 of that school year

Note: students with a birthday on September 1 of that school year must compete in the higher category.

B. A Zone may enter a team of up to 18 members for each of the six events - not including

C. All athlete substitutions must be submitted to the Provincial host by 4 p.m. on the Wednesday prior to Provincials. **No additions or changes may be made after this date.**

4. Events

- A. The race distances shall be as follows:
 - i. Junior Boys 4000 metres
 - ii. Intermediate Boys 5000 metres
 - iii. Senior Boys 6000 metres
 - iv. Junior Girls 4000 metres
 - v. Intermediate Girls 5000 metres
 - vi. Senior Girls 5000 metres
 - vii. Ambulatory Open *2000 metres
*both genders (ongoing trial distance)

5. Scoring

- A. All competitors will score points on the following criteria: First place will receive 144 points and each competitor after that will get a fraction of 144 based upon the number of competitors in the event.
 - i. A separate scoring system will be developed by the ASAA Commissioner and approved by the ASAA Executive Director, to take into account the number of competitors in the para category. This scoring system will be noted in the event information package.
- B. School team champions will be determined in four classifications: 1A, 2A, 3A and 4A.
- C. The championship trophies and banners will be awarded to the top school in each classification accumulating the highest number of points regardless of the number of competitors entered.
- D. In case of a tie for school placing, the championship banner will be awarded to both schools.

