**SOUTHWEST WASHINGTON 1A LEAGUE CROSS COUNTRY SOP’S**

REVISED 12/2013

1. Order of running, if it applies: (Varsity will flip-flop yearly).
   * + 1. odd even
       2. Boys Girls
       3. Girls Boys
2. Starting time of meets is 4:00 PM. Middle school (Jr. High) matches will begin at 3:30.
3. Only the top 5 of their 7 from each school will count in scoring meets. Runners 6 and 7 will displace and number 6 will be the tie breaker.
4. The league meet will be on the Thursday (or whenever the host school can get the course) before the week of the district meets.
5. The JV and Varsity meet must be run over the same course and distance to avoid setting up two courses.
6. Home team calls in the results to their home paper.
7. National Federation Rule Book applies. Race results are to be posted on Athletic.net by the Host school’s coach.
8. A Junior High race may be run on same date as Varsity
9. League Champion will be team that wins league meet.