

## Cross Country Rules Clinic 2011 – NMAA Bylaws – Section 7

---

### 7.14 CROSS COUNTRY

---

#### 7.14.1 General Rules/Policies

- A. Classes** - There are four classes in both boys and girls: A-AA, AAA, AAAA and AAAAA.
- B. Practice Date** - Practice may begin Monday of Week #7.
- C. Practice Days Requirement** - Each team or individual must have at least five (5) days of practice before competing in a meet.
- D. Meet Limitations** - Each team or individual is limited to eight (8) regular season meets, prior to the district meet in all classifications. This includes fun runs, road races, charity events, and any other paid or unpaid running events, etc.
- E. NMAA District Clinic** - At least one head boys' team coach and one head girls' team coach from each declared cross country school must attend the NMAA district clinic at the NMHSCA Coaches Clinic or complete the district clinic online at [www.nmact.org](http://www.nmact.org) between August 1<sup>st</sup> and August 31<sup>st</sup>. Failure to comply shall result in a \$100 fine to the school per head coach which will be assessed on September 1<sup>st</sup>.
- F. Distance** - The race or competition distance will adhere to that established by the National Federation of High Schools.
- G. Championship Host Site** - Each state championship host site is mandated to host an open regular season meet prior to the state championships so that all schools have an opportunity to compete at the same location of the state championships. This meet must be conducted during Week #14 through Week #16.

#### 7.14.2 District Alignments 2010/11 thru 2013/14

#### AAAAA CROSS COUNTRY – 21 SCHOOLS – 5 DISTRICTS (1651-Above)

District 1	District 2	District 3	District 4	District 5
Cibola	Eldorado	Alamogordo	Carlsbad	ABQ. High
Cleveland	La Cueva	Gadsden	Clovis	Highland
Rio Rancho	Manzano	Las Cruces	Hobbs	Rio Grande
Volcano Vista	Sandia	Mayfield		Valley
		Oñate		West Mesa

**AAAA CROSS COUNTRY –27 SCHOOLS – 6 DISTRICTS (901-1650)**

District 1	District 2	District 3	District 4	District 5	District 6
Aztec	Bernalillo	Chaparral	Artesia	ABQ. Academy	Belen
Bloomfield	Capital	Deming	Goddard	Atrisco Heritage	Gallup
Farmington	Española	Santa Teresa	Roswell	Del Norte	Grants
Kirtland Central	Los Alamos			Moriarty	Los Lunas
Piedra Vista	Santa Fe			St. Pius	Miyamura
					Valencia

**AAA CROSS COUNTRY – 20 SCHOOLS – 4 DISTRICTS (401-900)**

District 1	District 2	District 3	District 4
Crownpoint	Robertson	Cobre	Hope Christian
Shiprock	Taos	Lovington	Pojoaque
Thoreau	W. Las Vegas	Ruidoso	Sandia Prep
Wingate		Silver	St. Michael's
Zuni		Socorro	Santa Fe Indian

**A/AA CROSS COUNTRY – 41 SCHOOLS – 4 DISTRICTS (0-400)**

District 1	District 2	District 3	District 4
Bosque	Acad. For Tech/ Classics	Cloudcroft	Alamo Navajo
Cuba	Cimarron	Carrizozo	Coronado
Dulce	Desert Academy	Gateway Christian	Gallup Catholic
East Mountain	Des Moines	Hagerman	Navajo Pine
Estancia	Maxwell	Loving	Navajo Prep
Evangel Christian	McCurdy	Magdalena	Newcomb
Jemez Valley	Mesa Vista	Mescalero	Pine Hill
Laguna Acoma	Mora	Mesilla Valley	Ramah
NACA	Pecos	NMMI	Rehoboth
School of Dreams	Penasco	Valley Christian	Shiprock NW
To'Hajiilee	Santa Fe Prep		Tohatchi
Tse Yi Gai	Santa Rosa		
Walatowa	Tucumcari		

### 7.14.3 District Meet

- A. The district meets are held on Friday or Saturday of Week #18.
- B. Number Qualifying for State Championships
  - 1. **A-AA Classification Only**

Districts 1,3 and 4 qualify the top four (4) teams in each District plus the top (6) district meet finishers from non-qualifying teams to the State Championships. District 2 qualifies the top five (5) teams in each District plus the top 10 district meet finishers from non-qualifying teams to the State Championships. (*Possible Adjustments to be presented to the Board of Directors in September of 2011.*)
  - 2. **AAA, AAAA, AAAAA Classification Only**

District meets qualify the top three (3) teams in each district plus the top three (3) individual district meet finishers from non-qualifying teams to the State Championships.
- \* **Note: All runners finishing in the top ten (10) at the district meet qualify for the State Championships regardless.**
- C. Teams are allowed to enter a maximum of nine (9) runners in the District Meet only. At all other meets, a maximum of seven (7) runners are allowed.

### 7.14.4 State Championships Entry Procedures

Entries must be correctly submitted prior to Sunday of Week #19 at 10:00 a.m. District hosts are responsible for submitting the results using the proper form and electronically sending them to the NMAA office. A \$500 fine will be imposed to the district host who does not send in the meet results prior to the deadline.

### 7.14.5 State Championships

**Mandatory Meeting** - A mandatory meeting will be held the Friday of Week #19 which must be attended by a team representative. Failure to attend without proper communication to the Event Director will result in sanctions at the discretion of the Executive Director.

**Date** - State championships are held on the Saturday of Week #19.

**Distance** - The race or competition distance will adhere to that established by the National Federation of High Schools (NFHS).