

FLINT METRO LEAGUE BOYS AND GIRLS CROSS-COUNTRY
BY-LAWS

Effective 1 July 2019

1. League competition shall consist of three jamboree meets. Each of the first two jamborees will count 25% toward the league's final overall standings, with the final jamboree counting 50%. A team may use up to ten runners for varsity races in the first league jamboree, but only a maximum of seven runners for the second and third jamborees.
2. Teams will receive points for the standings of each jamboree, from 12 (first place with twelve teams competing) to 1 (twelfth place with twelve teams competing). These points are doubled for the third jamboree. The sixth runner tie-breaker will be used to break ties for standings in each jamboree. There is no tie-breaker for ties in the final overall standings, and co-championships are possible.
3. Junior varsity races are to be run after varsity races on the same dates.
4. All-league teams will be determined by the following procedure: 1) the top 24 individuals in the first two meets will receive points from 24 for first place to 1 for twenty-fourth place; the point assignments for the third meet are doubled (48 for first place, 46 for second, etc.). The weighting of the cross country all-league selection will therefore be 25-25-50 format. This aligns the all-league selection with the same weighting that determines the league champion. 2) At the end of the season, the individuals with the eight best point totals are first team all-league and receive gold medals, the next best eight totals are second team all-league and receive silver medals; the next best eight totals will be third team and receive bronze medals. Ties for position on all-league teams will not be broken. There will be NO honorable mention selections.

Cross Country Meet Protocol

- A. A coaches meeting should be held with all participating coaches and the official starter prior to the start of each race. NFSHSA Rule 3, Section 4, Articles 1-9
- B. Combining of male and female participants should not be done unless covered in the pre-meet meeting with all coaches present and the official starter. NFSHSA Rule 1, Section 2, Article 3.
- C. The course is the responsibility of the host school. The host coach should meet and greet all visiting coaches and team members, providing them with a map of the course and a guide to show them the course and its markings, NFSHSA Rule 9, Section 1, Article 1
- D. Any discrepancies in the course prior to the meet should be reported to the host coach and the official starter. NFSHSA Rule 9 Section 1, Article 2.
- E. At the conclusion of each race, the official shall approve, in the presence of the coaches, the final results of the meet.
- F. The Flint Metro League will contract league timing for each of the three jamborees per year under four year contracts with the timing professional.