

# DIOCESE OF OAKLAND CYO

## 2023 CROSS COUNTRY GUIDELINES

1. **THE COURSE** – Cross-country courses will be in parks on grass or dirt. The distance will be approximately one mile for all grades, except the K-2 race. Courses should be established so that they are between 7/8ths of a mile and 1-1/8th miles. Courses should be easy to learn, loop courses that runners can easily follow. Some hills and grades should be included, but not so long and steep that average runners would want to walk. Meet directors should mark the courses well, using cones and flour. Courses should be as simple as possible to avoid confusion; runners may be walked through prior to the race.
2. **MULTIPLE STARTING LINES** – may be used. The meet director will determine the number of starting lines and the number of runners allowed on each line. At Crown Beach and at Joaquin Miller Park, multiple starting lines will be used with only one runner per parish to be allowed on the front lines. Coaches should exercise caution by placing their slower runners on back lines. Kindergarten and 1<sup>st</sup> grade runners **must** use the back lines. Starting line limitations may be changed by the meet director.
3. **GRADE DIVISIONS** – Each meet will consist of six races. The races will be run according to the following divisions: K-2 girls; K-2 boys; 3rd - 5th grade girls; 3rd - 5th grade boys; 6th -8th grade girls; 6th - 8th grade boys. Runners may compete in a grade division higher than they are enrolled. Each runner may compete in only one race per day.
  - **K-2 Race** will be run at all meets. If the course allows, the race will be ½ mile or less. Only those enrolled in grades K, 1 and 2 are eligible to participate. In keeping with their young age and level of development, *TK may participate in the fun run only. Prior to the race, the meet director will decide whether to run boy and girls together or in separate starts, depending on number of participants.* If girls and boys run together in one race, they will be divided by gender at the finish for place. No team results will be published.
  - **Color Groups** – There will be no “color groups.” Each division will run as one group.
  - **Relay Meets** – There will only be two races – a K-8 girls’ race and a K-8 boys’ race. Combination parish/school teams will be allowed ONLY if there are insufficient runners from a parish/school to form a relay team. There will be a separate division in each race for combination relay teams. Team award ribbons will be given for 1<sup>st</sup> through 10<sup>th</sup> place. No K-2 relay race will be held at the relay meets.
4. **SCORING** – Team scoring will be based on a minimum of three runners scoring per division. A team is complete if there are three runners fielded in that division. All additional runners will act as “pushers,” members of a team who do not score themselves but who will affect the score by finishing ahead of one or more of the first three runners of an opposing team. Because CYO encourages participation, it is an advantage to field a large team.
  - **The Team Score** will be based on the first place runner receiving one point, the second place runner receiving two points, etc. The score of the first three runners from each team will be totaled with the lowest score the winner. Ties will not be broken *in preliminary meets.*

• **At the Diocesan Meet** – The six division races will be run. Complete teams will compete against all others. To be eligible to run in the Diocesan Meet, a runner must have competed in at least *one* preliminary, competitive CYO cross-country meet this season. *The relay meet and the fun runs will not count as meet participation for the purpose of this rule.* Ties will be broken with the place of each team's fourth runner. If either team has no fourth runner, the tie will stand. No team score in the K-2 races.

5. **AWARDS** –

**In Preliminary Meets:** Individual ribbons are awarded for 1<sup>st</sup> through 30<sup>th</sup> place in each division with a participation ribbon for all others.

**In the Diocesan Meet:** a banner for each championship and runner up team in each division; individual medals for 1<sup>st</sup> through 30<sup>th</sup> place; individual team ribbons for 1<sup>st</sup> through 5<sup>th</sup> place team members; a participation ribbon for each participant. In the K-2 race, individual medals will be awarded; no team ribbons are awarded.

6. **PARENTAL PERMISSION FORMS / ROSTERS** – Each participant and her/his parent(s) must complete a “CYO Parental Participation, Health Authorization & Release Form” the “Concussion Awareness Form” prior to practicing and competing. Coaches or a designated person must have them available at all meets and practices. *Rosters shall be completed and held by the coordinators.*

7. **BIBS AND NAMETAGS** –

**First Meet and Diocesan Meet:** Times and Places will be by chip timing with chips included on bibs worn by runners. Each Coordinator must submit a roster of participants on a provided form one week prior to each meet. On the day of the meet, coordinators will receive a packet with bibs and pins for each of the registered runners. Each participant must wear a bib. No removable nametags are required for these meets.

**Other Meets:** Each child **must** wear a removable nametag with his/her: first AND last name, parish/school team and gender for K-2 race. Teams must use designated codes for parish/school names. Teams should bring their own tags but some will be available at each meet. Nametags should be 1-1/4 “or less in height. Bibs previously issued are encouraged to be worn, but these are IN ADDITION to the nametag.

**Relay Meets:** only the anchor runner will wear a nametag.

8. **FITNESS AND WARM UP** – Coaches should be certain that their teams are properly warmed up before competition and that each child is fit to run. Teams must arrive at the meet site to allow adequate warm-up. *Be certain that all runners drink sufficient fluids and are adequately hydrated.*

9. **FEES** – Parishes/schools will be charged **\$25.00** per runner for the season. Fees should be paid to CYO following the season.

10. **PRACTICE** – Practice may begin on August 15.

11. **PRAYER** – All meets will begin with a prayer. Prayer is encouraged before or after each practice.

12. **MEET SITES** – A schedule of dates and sites will be published.

13. **SUPERVISION** – Coaches will enlist adults/parents to supervise participants and younger children at all times. As per CYO rules, there must be two adults present at all activities who have been trained/screened according to Safe Environment. An adult of the same gender as the participants must be present with teams.
14. **MEET OFFICIALS** – Host parishes and the meet director should arrange for and supervise meet officials. **Each parish/school should provide at least three responsible adults or high school youth (other than coaches) as meet officials for each meet. Parishes with large participation should arrange for five or more volunteers for the meets.**
15. **PARK COURTESY AND SPORTSMANSHIP**  
**Courtesy on the Course:** Remind runners that there may be park users on the trails. Runners need to be courteous and avoid park users.  
**Sportsmanship:** Runners must exercise caution when starting or passing other runners. Runners must not interfere with or impede other runners. Unsportsmanlike activity may result in disqualification by the meet director.  
After Meet Picnics: Sites have picnic areas and many of our teams arrange picnics with team members and families following the meets - a fun activity! Please clean up afterwards.  
**Dogs in Parks:** Families should be encouraged not to bring their dogs and pets to the meets. There are many people present at meets and animals can be unpredictable. Service animals are always welcome if leashed.
16. **RESULTS AND INFORMATION** – Will be published weekly on the Cross-Country page of the CYO Website <https://www.oakdiocese.org/cyo-cross-country>

