

DIABLO FOOTHILL ATHLETIC LEAGUE

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ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

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CROSS COUNTRY GUIDELINES

1. SEASON

- 1.1 Cross Country is a fall sport, as defined by NCS.
- 1.2 Practice may start the third Monday in August.
- 1.3 Recognized teams for participation are Varsity, Junior Varsity and Frosh/Soph.
- 1.4 All league meets will be on Wednesday.
- 1.5 All Varsity races will be three (3) miles.
- 1.6 All JV and Frosh/Soph races will be two (2) miles.
- 1.7 Each school must field a Varsity team that includes its top 5 runners, before fielding a JV team, or the results (scores) will not be counted (published).
- 1.8 Each school may enter more than 7 varsity runners in any dual meet, providing they field a JV team of 5 runners.
- 1.9 Starting times: 3:30 PM

2. SCHOOL OF RECORDS

- 2.1 All home meet coaches are to send results of their meets to the school of records and media by 7:00 PM.
- 2.2 The league will provide NCR four part result sheets to facilitate the timelines of league results.
- 2.3 The host school (head coach) will contact all visiting coaches no later than Monday evening at 8:30PM to discuss that Wednesday's meet mechanics.
- 2.4 Coaches are to send a copy of their home course map and directions to the site to all visiting coaches prior to the meet date if requested by the visiting coaches.

3. COURSES

- 3.1 Courses, accuracy of distances, quality, and safety of courses will be determined by each home coach.
- 3.2 Home site will be determined by each school
- 3.3 All courses must adhere to National Federation guidelines (safety first).

4. HEALTH AND SAFETY

- 4.1 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

5. LEAGUE CHAMPIONSHIP MEET

- 5.1 The course for the League Championship Meet will be Hidden Valley Park.
- 5.2 Each school is responsible for providing 8 responsible people to help out.
- 5.3 Order of races for league meet will be:
 - 5.3.1 Frosh-Soph.
 - 5.3.2 JV
 - 5.3.3 Varsity
- 5.4 League Commissioner(s) will be present at DFAL Championship Meet.
- 5.5 League championships will be hosted by committee.
- 5.6 There will be a certified trainer present at the league championships.
- 5.7 Up to nine athletes in varsity races; the top (scoring) seven must be declared prior to the start of the race.
- 5.8 League meet responsibilities: (Refer to Guideline 8)

6. LEAGUE CHAMPIONS

- 6.1 The league champion will be determined by combining scores from dual meets and the November league championship meet using the following system

Dual Meets	League Championship Meet	
1st	1 point	1 point
2nd	2	2
3rd	3	3
4th	4	4
5th	5	5

6th 6 6
7th 7 7

- 6.2 The team with the low combined score will be the league champion.
- 6.2.1 If there is a tie for first place, tied teams will be co-champions.
- 6.3 Incomplete teams will receive an average of the remaining place points.
- 6.4 The top 10 finishers in both varsity races at the league meet will receive medals

7. ALL LEAGUE TEAM

- 7.1 Top seven (7) individual runners in the Varsity League Championship Meet will be designated as DFAL Cross Country All League First Team, both the boys and the girl's teams.
- 7.2 Second seven (7) individual runners in the Varsity League Championship Meet will be designated as DFAL Cross Country All League Second Team, both the boys and girls teams.
- 7.3 Coaches may consider additional athletes on hardship basis.

8. MEET HOSTING REPSONSIBILITIES

- 8.1 Center Meet #1:
 - 8.1.1 Alhambra and Campolindo: Secure Site, Chute Set-up, and Course Marking;
 - 8.1.2. Acalanes: Provide Starter and 8 Parent Volunteers;
 - 8.1.3 Las Lomas and Miramonte: Each provides 8 Parent Volunteers.
- 8.2 Center Meet #2:
 - 8.2.1 Dougherty Valley and Dublin: Secure Site, Chute Set-up, and Course Marking;
 - 8.2.2 Acalanes: Provide Starter and 8 Parent Volunteers;
 - 8.2.3 Las Lomas and Miramonte: Each provides 8 Parent Volunteers.
- 8.3 Championship Meet:
 - 8.3.1 Campolindo: Timing System, Chute Set-up, and Bib Numbers;
 - 8.3.2 Acalanes: Provide Starter, 8 Parent Volunteers, Assist with Morning Set-up;
 - 8.3.3 Alhambra: Provide PA, Provide Trainer;
 - 8.3.4 Miramonte: Coordinate Finish Line and Chute Crew;
 - 8.3.5 Las Lomas, Dublin, and Dougherty Valley: Each provides 8 Parent Volunteers.