

**CHAPTER 4—MEN’S AND WOMEN’S CROSS COUNTRY REGULATIONS**

**1. Playing Season Policies.**

**a. Championships Determination.**

The team and individual Conference champions in both men’s and women’s cross country shall be determined at a Conference championship meet. (6/92)

**b. Conference Schedule.**

There shall be no required regular season Conference schedule in the sport of cross country. See also AR 2-2-a. (6/92)

**(1) Rescheduling Policies.**

No cross country meet shall be rescheduled if cancelled. (7/92)

**2. Meet Policies.**

**a. Playing Rules.**

Regular-season meets shall be conducted under the NCAA Track & Field/Cross Country Men’s and Women’s Rules. (6/92)

**(1) Squad Limit.**

There shall be no squad limits on regular-season, non-Conference competition. For intra-Conference competition, which shall be defined as a meet in which at least two Conference institutions compete, visiting institutions shall be limited to traveling 12 men and 12 women. There shall be no limit for traveling teams that use neither air transportation nor overnight accommodations in order to compete. There shall be no squad limit for intra-Conference competition held prior to the last weekend in September. (5/76, 6/86, 12/88, 6/92, 6/95, 6/99, 10/02, 10/03, 6/09, 6/10, 12/13)

**3. Conference Championships.**

**a. Date and Site.**

The Conference Men’s and Women’s Cross Country Championships shall be conducted annually two weeks prior to the NCAA West Regional meet. The Championships site shall be selected on the following rotation basis: (12/73, 5/76, 5/83, 6/87, 6/92, 5/97, 1/00, 6/12, 12/13)

| <b>Year</b>   | <b>Host Institution</b> | <b>Year</b>   | <b>Host Institution</b>     |
|---------------|-------------------------|---------------|-----------------------------|
| 2014-15 ..... | California              | 2020-21 ..... | USC                         |
| 2015-16 ..... | Washington State        | 2021-22 ..... | Utah                        |
| 2016-17 ..... | Arizona                 | 2022-23 ..... | Washington                  |
| 2017-18 ..... | Oregon                  | 2023-24 ..... | Arizona State               |
| 2018-19 ..... | Stanford                | 2024-25 ..... | UCLA                        |
| 2019-20 ..... | Oregon State            | 2025-26 ..... | Colorado                    |
|               |                         |               | (10/04, 10/10, 10/11, 8/14) |

An institution must declare its inability to host no later than the September coaches’ meeting two academic years prior to the academic year it is scheduled to host the Championships. (10/08, 10/09)

**b. Entry Deadline.**

Entries are due on the Monday prior to the Championships. The host institution is responsible for entry procedures, organizing the agenda for the scratch meeting to be held before the Championships, and informing Conference cross country coaches and the Conference office of the time and place of the meeting. (12/73, 10/05)

**c. Playing Rules.**

The Conference Championships shall be conducted under the NCAA Track & Field/Cross Country Men's and Women's Rules. (5/76, 6/92)

**(1) Course.**

The course shall be 6000 meters in length for women and 8000 meters for men. (12/76, 6/86, 6/89, 1/00)

**(2) Squad Limit.**

A maximum of ten men and ten women must be declared at the technical meeting the day before the contest in order to compete for each institution. (5/76, 6/86, 6/92, 10/02, 6/09, 8/09, 6/10, 12/13)

**d. Results.**

The host institution shall compile the results of the Championships and distribute copies to the Conference office and all Conference cross country coaches and sports information directors. (5/76)

**e. Starting Time.**

The period between the starting times of the men's and women's races shall be 60 minutes. (6/99)

**4. Awards.**

The Conference men's cross country coaches shall select recipients for all men's cross country awards. The Conference women's cross country coaches shall select recipients for all women's cross country awards. Coaches are to submit up to two names of individuals they feel are worthy of consideration. The Conference office shall provide the coaches with a ballot that lists these individuals. Coaches may vote for themselves or for any of their athletes for any of the awards. Balloting shall be completed after the NCAA Championships. Coaches shall rank their top two choices for each individual award. (6/92, 6/00, 10/07)

**a. All-Conference Team.**

The all-Conference team shall consist of the top seven finishers in the men's and women's Conference Championship races and each shall be provided an award from the Conference. The eighth through fourteenth-place finishers in the Conference Championships races shall be accorded second-team honors and shall be provided a certificate by the Conference office. (6/92, 2/99, 10/03)

**b. Individual Awards.**

Individual awards from the Conference office shall be provided to the Men's Coach of the Year, the Women's Coach of the Year, the Men's Athlete of the Year, the Women's Athlete of the Year, and to the Men's Freshman/Newcomer of the Year and the Women's Freshman/Newcomer of the Year. An individual award from the Conference office shall be provided to the top ten individual male finishers and top ten individual female finishers at the Conference Cross Country Championships. (6/92, 2/99, 10/03, 6/07)

**5. Meetings of Coaches.**

There shall be an annual meeting of the track and field and cross country coaches. The attendance of each head coach of track and field or cross country is mandatory. The attendance of one other head coach is optional. Each Conference institution shall have two votes, one each for the men and women's programs. (6/86, 9/92, 2/00, 10/01, 10/02)