

BY-LAW ARTICLE XVIII

Cross Country

Boys and Girls

Sect. 1: Cross Country shall be administered by the NHIAA Cross Country Committee and the rules of the National Federation will govern the sport when applicable. The NHIAA Cross Country Championship Meets will be organized, financed, and directed by the NHIAA Cross Country Committee.

Sect. 2: State Divisional Championships

- A. The State Divisional Championships shall be held on the last Saturday in October at sites determined by the NHIAA Cross Country Committee.
- B. For an athlete to compete in the State Championships, he/she must have participated in at least one (1) cross country meet during the regular season.
- C. The distance for races will be approximately 5 km.
- D. The boys and girls will each be divided into three (3) Divisions: I, II and III.
- E. Entry Procedure – See Cross Country Policies and Procedures Manual.
- F. Scoring – To be considered in the scoring for team championships each school must have a minimum number of five (5) finishers. Schools which start with fewer than five (5) runners, will not be eligible for team awards. Team scores will be determined by adding the places in which the first five (5) runners from each school finish. The finish positions of non-team competitors will be eliminated and team finish positions re-ranked in order to determine team scores. Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail.
- G. Awards – Official NHIAA championship and runner-up plaques, as well as ten (10) team medals, will be awarded in each of the divisional meets. In addition, 25 individual medals will also be awarded in each division for boys and girls.

Sect. 3: Meet of Champions

- A. These meets will serve as the qualifier for the New England Meet, when applicable.
- B. The selection of competitors for these meets will be based on the finish in the divisional meets as determined by the Cross Country Committee. (See Cross Country Policies and Procedures Manual)
- C. The Meet of Champions shall be held on the first Saturday in November at a site determined by the NHIAA Cross Country Committee.
- D. Awards: Official NHIAA medals will be awarded to the top 25 individuals for boys and girls.

Sect. 4: Divisional Alignment

Cross Country shall be aligned into three (3) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2019-20 Boys & Girls Cross Country Divisional Alignment

DIV. I (1150+)	DIV. II (600-1149)	DIV. III (1-599)	
18 Schools	22 Schools	33 Schools	
Pinkerton 3449	Goffstown 1114	Laconia 547	Mascoma 343
Nashua South 1862	Portsmouth 1078	Kearsarge 541	Inter-Lakes 332
Nashua North 1744	Windham 925	Fall Mountain 506	Bishop Brady 320
Exeter 1705	Milford 855	Monadnock 502	Trinity 314
Concord 1661	Merrimack Valley 819	Gilford 491	Mascenic 312
Man. Central 1510	Man. West 816	Prospect Mountain 479	Hopkinton 288
Bedford 1498	Hollis/Brookline 806	Campbell 466	Epping 280
Londonderry 1496	Pembroke 799	Winnisquam 448	Newmarket 267
Man. Memorial 1455	Oyster River 794	Conant 400	Derryfield 257
Keene 1420	Souhegan 789	Berlin 399	Ports. Christian at Dover 179
Spaulding 1391	Kingswood 783	Belmont 396	Moultonborough 171
Dover 1336	Kennett 752	Raymond 384	Hinsdale 153
Merrimack 1219	ConVal 733	Newfound 373	Gorham 124
Alvirne 1200	Hanover 725	White Mountains 373	Lin-Wood 102
Timberlane 1173	Coe-Brown 714	Newport 356	Canaan, VT 73
Salem 1170	Plymouth 677	Hillsboro-Deering 345	Holy Family 64
*Winnacunnet 1078	John Stark 669		Pittsburg 30
*Bishop Guertin 789	Bow 661		
	Pelham 656		
	Sanborn 646		
	*Lebanon 575		
	*St. Thomas 432		

*Petition