

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 Policy 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. (CM 1.2020) (CM 11.2023)

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 Policy 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.

2024-25 Boys & Girls Cross Country Divisional Alignment

DIV. I (1010+)	DIV. II (575-1009)	DIV. III (1-574)
20 Schools	18 Schools	37 Schools
Pinkerton 3079	Timberlane 986	Pelham 556
Nashua South 1704	Oyster River 844	Sanborn 524
Nashua North 1626	Man. West 781	Monadnock 499
Concord 1464	Merrimack Valley 763	Gilford 492
Dover 1417	Pembroke 756	Fall Mountain 490
Bedford 1404	Hollis/Brookline 750	Kearsarge 485
Spaulding 1390	Kingswood 746	Prospect Mountain 410
Exeter 1384	Kennett 707	Winnisquam 403
Man. Memorial 1365	Milford 698	Newfound 394
Keene 1341	Souhegan 693	Hillsboro-Deering 382
Londonderry 1291	Hanover 689	White Mountains 375
Man. Central 1161	Coe-Brown 662	Conant 373
Merrimack 1102	Con-Val 658	Belmont 360
Salem 1096	Plymouth 651	Campbell 356
Winnacunnet 1073	John Stark 648	St. Thomas Aquinas 354
Goffstown 1043	Lebanon 618	Berlin 348
Alvirne 1025	Bow 611	Raymond 343
Portsmouth 1024	Laconia 590	Mascoma 342
*Windham 995		Trinity 327
*Bishop Guertin 771	*Petition	
		Hopkinton 300
		Newport 292
		Derryfield 291
		Inter-Lakes 285
		Newmarket 280
		Bishop Brady 261
		Mascenic 260
		Farmington 233
		Epping 221
		Profile 221
		Woodsville 212
		Portsmouth Christian 178
		Hinsdale 164
		Moultonborough 141
		Wilton-Lyndeborough 131
		Lin-Wood 77
		Pittsburg 77
		Holy Family 66
		Canaan, VT 52