

CROSS COUNTRY OPERATING PROCEDURES

I. Date and Site of GCAC Cross Country Championship

The date and site of the GCAC Cross Country Championship will be determined annually by a majority vote of GCAC coaches at either the GCAC Spring Meeting prior to the championship or by mail or telephone during the summer prior to the championship. Unless otherwise agreed upon, the men and women's championships will be conducted at the same place and date. The GCAC will determine the last possible date for conference championships based on the site and date of the NAIA National Championships. The date has historically been the first Saturday of November.

Any GCAC institution or external host can bid for the championship by presenting a proposal at the GCAC Spring Meeting, or by mail and/or phone.

II. Scheduling or Regular Season Contests

The GCAC will have no requirements for the scheduling of regular season cross country races. However, the NAIA limits the number of regular season meets to 10, not including foreign competitions.

III. Awards and Honors

The GCAC will recognize the following performances with the appropriate award:

- GCAC Conference Championship Team (Men and Women) - Plaques - awarded to the winning men's and women's team. GCAC All-Conference Performers (Top 12 Men and Top 12 Women) - Plaques awarded to the top 10 GCAC finishers in both men's and women's races
- GCAC Coach of the Year (Men and Women) - Plaques - awarded based on majority vote of GCAC coaches following completion of races GCAC Championship Runner-Up Team (Men's & Women's) - Plaques

IV. Awards and Honors

Cross Country rules as specified in the NCAA Men's and Women's Cross Country Track and Field Rule Book shall be followed, allowing for NAIA and GCAC exceptions.

V. Sportsmanship

GCAC Cross Country will follow all GCAC rules of sportsmanship and the GCAC Commissioner shall have the authority to reprimand any coach or athlete who acts in an unsportsmanlike way.

VI. GCAC Conference Championship Participation

Any school that is not represented in the GCAC Championship after having declared participation shall be reprimanded and fined as deemed appropriate by the GCAC Commissioner. To be represented and to count cross-country as one of the sports required to fulfill conference requirements, a school must field a team with a minimum of five competitors.

VII. Meet Director

- Organize and Conduct Meet
- Provide and prepare course information
- Provide early information to all competing schools
- Appoint and inform officials and materials

VIII. Referee

- Have the authority to disqualify any competitor for improper conduct or apparel and decide on any protests rendered (Commissioner, Certified Official, or Conference Official Representative).

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- Reviews and approves all final meet results.