

P.A.L. Cross-Country Division Guidelines:

Eligible Participants:

Junior Varsity Girls: Only 5th and 6th graders

Junior Varsity Boys: Only 5th and 6th graders

Varsity Girls: Can be 6th, 7th, and 8th graders

Varsity Boys: Can be 6th, 7th, and 8th graders

It is up to individual coaches whether or not to run 6th graders as varsity athletes.

An athlete may only run in **one division** at any one meet.

2008 P.A.L. Cross-Country Championship Scoring:

Junior Varsity and Varsity teams will consist of a minumum of three team members in order to be factored into the team scoring.

Junior Varsity and Varsity team member entries are unlimited. However, athletes past the number five placer on a team do not factor in the team score. These athletes past number five on a team are still listed in their original place in the race results.

Incomplete teams (less than three athletes from a particular school in a race division) are not figured in the team scoring but are still listed in their original place in the race results.

Awards: (all races, JV girls, JV Boys, Varsity Girls, & Varsity Boys)

1 place-5th place/ medals, 6th place-20th place/ ribbons
Awarded in the finish chute of each race

1st place team: Plaque
Awarded at completion of the meet

Championship Meet Info

Friday, November 7, 2008

Jesuit H.S.

Junior Varsity Girls/ 3:00 p.m.

Junior Varsity Boys/ immediately following JV Girls

Varsity Girls/ immediately following JV Boys

Varsity Boys/ immediately following Varsity Girls

