**2018 Region VI Cross Country Guidelines**

1) Schools will be responsible for their own cross country schedule, with the exception of Pre-Regions and the Region Championships.

2) Qualification for State Meet will follow UHSAA guidelines.

3) The winner of the region trophy will be determined by the team scores at the Region Meet.

4) Medals will be awarded to the top 14 finishers in the Region Meet in both the boys and girls varsity division. Medals will be awarded to the first 10 finishers in the boys and girls Junior Varsity division. Additional medals may be awarded by the coaches.

5) All-Region 1st Team will go to the first 7 runners in each division and All-Region 2nd team will go to the next 7 runners. These athletes will be recognized at the Region meet and each school will be responsible for providing their athletes with their certificates later.

6) Academic All-Region awards will be presented at the region meet to all seniors whose names were submitted for Academic All-State. These will be prepared by each school and brought to the Region Meet for presentation.

7) Coaches may run 7 runners in the Varsity division of the Region Championships, with an unlimited number of entries in the Junior Varsity division.

8) Region course will stay consistent with previous year’s course unless approved by the region Board of Managers.

9) Two paid officials will be arranged to start, time, score, and referee the Region Meet.

10) Each school will provide one adult volunteer for the Region Meet.

11) At Pre-Regions and Region Championships, girls will run first, then boys, unless agreed upon ahead of time by all coaches involved.

12) Please refer to “General Policies” in the **Region VI** Handbook for all other **Region VI** rules, and the UHSAA Handbook for all UHSAA rules.

13) At Region Championships, teams must field 5 runners in the Varsity races before placing runners in the JV races.

Pre-Regions – Wednesday, August 22, 2018 – 5:30 p.m. – Cottonwood Complex

Regions – Friday, October 5th, 2018 – 2:30 p.m. – Cottonwood Complex