

Section 8 – Cross Country Guidelines

Chair= Ryan Scheckel, Mount Mercy College

ADC Representative = Ray Shovlain, St. Ambrose University

8.1 SCHEDULING

- 8.1.1 With the exception of the Midwest Collegiate Conference Championship, each institution is responsible for scheduling its own meets.

8.2 FORMAT

- 8.2.1 The host school for all regular season meets will determine the format of the event

8.3 WEATHER

- 8.3.1 Events may be rescheduled or canceled due to weather related issues.

8.4 CONFERENCE RATINGS AND PLAYER OF THE WEEK

8.4.1 Weekly Ratings

- 8.4.1.1 Each coach will email results for the previous week's contest(s) to the Conference Chair, by 12:00 pm (noon) every Monday during the season. Failure to do so will result in forfeiting position in that week's ratings.
- 8.4.1.2 Results should be submitted in full on the attached template.
- 8.4.1.3 Weekly ratings will be based off all submitted information. Heavy consideration will be given to head to head competition, team placing, depth of runners 1-8, team spread, and team total time as outlined in the NAIA Cross Country National Ratings Guidelines.
- 8.4.1.4 Weekly ratings will follow the same timeline as the national ratings as posted on the NAIA website.

8.4.2 Final Ratings

- 8.4.2.1 Final ratings will be conducted as a public vote on the Monday prior to the conference championship. Each participating institution's head coach will email the Conference Chair and rank the top three teams based on performance and past ratings. Men's coaches vote for men, women's coaches vote for women.
- 8.4.2.2 The final rating will be based on a cumulative point system drawn from the coaches' votes. One point will be awarded for each first place vote, two points for each second place vote, and three points for each third place vote. The institution with the lowest cumulative total will be rated first and so on. A tie will be broken by the number of first place votes. If a tie remains, it will be broken by reverting to the previous week's rating. A further tie will be broken by the conference chair's first place vote on the public ballot.
- 8.4.2.3 The final rating will determine a men's and women's automatic bid to the National Championship meet if for any reason the Conference Championship meet cannot be conducted.

8.4.3 Cross Country - Runner of the week – Male and Female

- 8.4.3.1 Nominations and voting per MCC SID guidelines
- 8.4.3.2 Protocol – based on time, place, size of meet, type of course, and other relevant details.

8.5 Awards

8.5.1 **Cross Country:**

- 8.5.1.1 Top seven runners to finish the Conference race shall make up the All-Conference team for both men and women.
- 8.5.1.2 The top seven runners in each race will receive an All-Conference plaque.
- 8.5.1.3 A Team Championship plaque and traveling trophy will be presented to both men's and women's team champions. In the case of a tie, there will be a Co-Championship.
- 8.5.1.4 Coach of the Year Award will voted on by written ballot at the conclusion of the Conference Meet. Coach of the Year shall receive a plaque from the Conference.
- 8.5.1.5 Harrier of the Year Award is given to the individual champion for both men's and women's Cross Country Conference Champions. Harrier of the Year winners will receive a plaque from the Conference.

8.6 MCC Championship

- 8.6.1 All conference schools with a Cross Country program have a mandatory requirement to participate and finish with at least five competitors.
- 8.6.2 Each Institution may have unlimited entries
- 8.6.3 Scoring will now follow the NCAA rulebook with the exception of the Midwest Collegiate Conference allowing unlimited entries.
- 8.6.4 Top 7 figured into team placing (do not have to declare top 7)
- 8.6.5 Top 5 count towards team score
- 8.6.6 Team champions of each race will represent the Midwest Collegiate Conference with an automatic bid to the National championship.
- 8.6.6.1 In the case of a tie, there will be a co-championship recognized by the conference. Ties for advancement to the National Championship will follow the NCAA rulebook. "Ties in qualifying meets in team competition shall be broken for the purpose of advancement to the championships by comparing the place finish of each team member 1-5 versus their respective competitors on the opposing team (Team A's first finisher vs. Team B's first finisher, etc.). The winner is the team winning the majority (best of five) of the comparisons. If more than two teams are tied, the criteria is applied in the same sequence until only one team remains. If the tie cannot be broken using the five-point system, the average time of each team's top five finishers will be used."

8.6.7 Location and Date

8.6.7.1 Cross Country:

8.6.7.1.1 To be on a rotating basis starting with (each school must take their turn):

Grand View	2008	William Penn	2009
Ashford	2010	Clarke	2011
Saint Ambrose	2012	Mount Mercy	2013
Viterbo	2014	Iowa Wesleyan	2015

8.6.7.1.2 Course Requirements

- 8.6.7.1.2.1 The course will be the same length as the NAIA Championship for that year.
- 8.6.7.1.2.2 The course should be on grass as much as possible with some dirt or gravel paths permitted.
- 8.6.7.1.2.3 No road race course will be acceptable to the Midwest Classic Conference for the championship.
- 8.6.7.1.2.4 A video camera must be used to record the finish line in case of any placing discrepancies.
- 8.6.7.1.2.5 The Conference Meet shall be held on Saturday, two weeks prior to the NAIA National Championships.
- 8.6.7.1.2.6 A qualified official will be hired to serve as meet starter and finish line judge