

HAPS DISTRICT RULES

CROSS COUNTRY

National Federation of High School Sports Rules will apply for cross country. Special rules or restrictions will apply as listed below.

1. The course length will be no more than 2 miles for girls and boys. The course can be as short as 2400 meters.
2. Medals will be presented to the top 10 individual runners in the girls division and boys division. A trophy/plaque will be presented to the top two teams in the girls division and boys division. A team will consist of the top 5 times from your school per division.
3. There will be a fee determined by the meet host to be paid per runner/school team.