

GSAC CROSS COUNTRY POLICIES

I. GUIDELINES FOR CONFERENCE PLAY

No unattached athletes will compete during the season.

II. GUIDELINES FOR CHAMPIONSHIP MEET

- A. The GSAC Championship Meet will be held two weeks prior to the NAIA Championship Meet at a site to be recommended by the coaches and approved by the GSAC Executive Committee at least one year in advance.
- B. Any facility needed to host a GSAC event will be provided to the GSAC cost free.
- C. An unlimited number of athletes may compete in the GSAC Championship race. The first seven (per team) to cross the finish line will factor into scoring and displacing. All runners are eligible for All-GSAC honors. A coach does not have to designate the top seven.

III. AWARDS

The following awards will be presented to both men and women:

- A. Conference banner to first place team
- B. Plaques to members of the GSAC Meet Championship Team (8)
- C. Plaque to first place overall individual
- D. Certificates to All-Conference individuals (16)
- E. Award to Coach of the Year

IV. CONFERENCE MEETINGS

The Cross Country coaches will meet once a year on the Friday prior to the Championship Meet. Time will be determined by the host school.

V. SPORTS CHAIR

The Sports Chairperson selection will be determined by a vote of the member coaches. The term shall be two years.