



Cross Country Rules

1. Have fun! Show respect for coaches, meet organizers, participants and all other VOLUNTEERS at all times. No exceptions.
2. The NATC Schools should not receive any complaints as they are not responsible for the NATC events. This is a private league. If you have comments or concerns do not take those to the Principals or schools. Any constructive complaints may be made directly to Justin Endres or another board member at the NATC.
3. Ensure adequate transportation arrangements for your child. It is important to pick your child up on time, every time, from both practices and meets.
4. There are four general meets open to all registered NATC runners as well as the preliminary races. There will likely be three races at each meet: one race consisting of both second grade boys and girls; a third and fourth grade boys race and a third and fourth grade girls race.
5. The fifth meet will consist of two preliminary/invitational meets. Each school will be invited to participate in one or the other time slot, but not both. The NATC will divide the teams based on how they have finished in the previous meets and race times will be set by the fourth meet.
6. The Championships will include the top two teams in each preliminary (four total teams). Each qualifying team is allowed to bring its top 20 boys or top 20 girls if that team qualifies. The overall top 20 boys and top 20 girls in each preliminary will also qualify individually regardless of their team placement.
7. To start each race the top 7 runners from each team may be placed about 10-15 feet ahead of the rest of the runners. Coaches from each school will determine in which group their runners will be placed. Race director make placement dependent on safety considerations.
8. Good sportsmanship is required at all times.
9. There will often be a "rabbit" when available to serve as a guide for the course.
10. Runners are not allowed to wear rubber or metal cleats.
11. Spectators are not permitted on the course or to cross the course at ANY time during the race. For the safety of all, you may not run alongside your child. Only participants should be running during the race.
12. Meets and practices may be canceled in the event of lightning, extreme heat or other weather condition. Meets are subject to weather conditions and may not be made up. The decision whether re reschedule any meet is in the sole discretion of the NATC. See Safety and Risk Management plan for details. Check our Facebook page.