

MS KAIAC Cross Country All Star Jamboree



1. Tournament Set-up

- 1.1. The course will be 5,000 meters or 3.1 miles in length for both boys and girls.
- 1.2. The end of season tournament will be held simultaneously with the final jamboree.
- 1.3. Each school must designate their seven official tournament runners for each gender prior to the race.
- 1.4. Teams must have a minimum of five official runners complete the course to qualify for the team championship.
- 1.5. Team scoring will be calculated according to invitational rules as listed below.
- 1.6. The team with the lowest score will receive a championship plaque.
- 1.7. The top five runners in each race will receive a certificate provided by the tournament host.
- 1.8. In addition to the tournament runners, schools may enter an unlimited number of runners that will not qualify for scoring purposes, but can receive a certificate if they finish in the top five.

2. Race Procedures

- 2.1. Each school will be assigned a starting box in which to arrange the team's runners. Official tournament runners should be placed in front of all unofficial runners.
- 2.2. Starting boxes should be preassigned to avoid disputes.

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- 2.3. Runners should be given instructions on the start commands prior to the race.
- 2.4. Runners are permitted to stop or walk during the course of the race but they may not cut corners or deviate from the laid out course.
- 2.5. Runners may not be assisted toward the finish of a race by fellow competitors, coaches, or spectators.
- 2.6. The host school will be act as the meet official.
- 2.7. It is highly recommended that a tape digital timer and back-up stop watches be used for the meet.
- 2.8. It is recommended that a chute be created with plastic cones or flags for runners to finish in order to facilitate time recording.
- 2.9. Finishing sticks (numbered tongue depressors or craft sticks) are a recommended method to assist in keeping track of the order of finish and times. Each finisher will be handed a numbered stick as he/she crosses the finish line.

3. Tournament Scoring

- 3.1. Each runner's place of finish is the point total earned for his or her team. Teams will not be isolated to score against each other as all teams compete against each other.
- 3.2. The first five runners to finish for each team will make up that team's total.
- 3.3. The tie-breaker is the first sixth place finisher between tied teams.
- 3.4. If all tied teams only have five runners, then the first four runners will be tallied to determine the winner.
- 3.5. Only official runners will receive points for their place of finish. That is, if an unofficial runner finishes ahead of official runners, that following runner will receive that point total.