

MS KAIAC Cross Country



Cross-Country Jamboree Format

- A. Cross-country is a gender-specific sport, but jamborees will host girls and boys together. Mixed-gender races may be done if the field of runners is too low to warrant separate races. This will be determined by the host in consultation with coaches.
- B. There is no limit how many runners a school may send to a jamboree.
- C. Distances shall be arranged in increasing order for jamborees. Ideally, the first jamboree of the season should be around 2.5 km. The final jamboree should be 5km.
- D. At the final jamboree, the host will have at least two distances for runners to choose (e.g. 3km and 5km). These races will be run separately.
- E. Schools should send a list of runners to the hosts in advance to prepare name labels, if requested.
- F. Uniforms are not required, but encouraged.