

Suburban League Sports Policies

Cross Country

A. LEAGUE SCHEDULE

One “Super Dual” meet will be conducted on the Saturday of Labor Day weekend. The site of the meet will be at Goodyear Ht’s, or on a rotating basis among league schools, as determined by the league rotation, conducted at sites that can adequately handle all of the Suburban League schools at one time.

1. 16 Teams / 10 varsity runners per team (160 runners).
 2. Conduct races following OHSAA “pattern” for season.
(The gender order will follow the OHSAA pattern of Girls first in odd years and Boys first in even years)
 3. 4 separate races (odd year order)
 - a. Girls varsity
 - b. Boys varsity
 - c. Girls open
 - d. Boys open
 4. Scoring will be by Conferences.
 5. Refer to the scoring chart for point distribution
-
1. One League Tournament will be conducted on the Saturday prior to the Saturday of the OHSAA District meet. The site of the meet will be at Goodyear Ht’s.). Suburban League runs 1st in EVEN years; City Series runs first in ODD years. Conferences will compete separately in the varsity races, and together in the “open” races
 2. 8 Teams / 10 varsity runners per school (can only place the 1st 7 runners).
 3. Conduct races following OHSAA “pattern” for season.
 4. 6 separate races (Alternate Conference order; American goes first in odd numbered years, and National goes first in even numbered years).
Odd year order
 - a. American Girls varsity
 - b. National Girls varsity
 - c. American Boys varsity
 - d. National Boys varsity
 - e. Girls open
 - f. Boys open
 5. Refer to scoring chart for point distribution.

No non-league schools shall compete in these league meets.

B. LEAGUE CHAMPION:

Two league champions (from each Conference) will be determined by the following formula:

1. In the Super Duals, the following points will be awarded:

7 wins- 0 losses = 7 points
6 wins – 1 loss = 6 points
5 wins – 2 losses = 5 points
4 wins – 3 losses = 4 points
3 wins – 4 losses = 3 points
2 wins – 5 losses = 2 points
1 win - 6 losses = 1 point
0 wins – 7 losses = 0 points

2. In the League Tournament the following points will be awarded:

1st Place – 14 points
2nd Place – 12 points
3rd Place - 10 points
4th Place - 8 points
5th Place - 6 points
6th Place - 4 points
7th Place - 2 points
8th Place - 0 points

3. The team with the most points, collectively, from the Super Duals and the League Tournament, in each conference, will be declared the Conference champion; and hence, those teams with the most points in each Conference will be Suburban League Champions.
4. If two teams tie for first place in either Conference, a co-championship will be declared in that Conference.

C. OFFICIALS

School(s) in charge of Cross Country will be responsible for contracting two starters for the Super Duals, and the League Tournament meet.

D. RULES

National High School Federation rules will apply at all times.

League policies will also be followed at all times.

E. FACILITIES AND EQUIPMENT

Proper courses shall be used in both Super Duals and League Tournament.

It is recommended that the same course used for the District Meet be used for the league championship.

F. PUBLICITY

The school(s) in charge of Cross Country has the responsibility for reporting meet scores to the press.

G. MEET TIME

Super Duals to start at 9:00AM unless mutually agreed upon by league schools. League Tournament preferably will be between 12:00 and 6:00pm., in rotation with the Akron City Series.

H. CONTRACTS

The school(s) in charge of Cross Country will be responsible for making all necessary arrangements with the Goodyear Ht's Metro Parks.

I. JUNIOR HIGH/MIDDLE SCHOOL REGULATIONS

A three year schedule of dual and tri meets will be the responsibility of the league commissioner. Each school will run three tri-meets, and one dual meet, within each conference, each season.

J. ALL-LEAGUE SELECTION PROCESS

The first 10 finishers, in each Conference, at the League Tournament meet, will receive first team All-League plaques.

The second 10 finishers, in each Conference, receive second team All-League certificates.

Honorable Mention certificates will be 1 per school as selected by the coach.

Coach of the championship team, in each conference, will be awarded the Coach of the Year plaque.

Revised March, 2015