

WCA EXPECTATIONS FOR THE CONDUCT OF WHSAA SANCTIONED CROSS COUNTRY MEETS IN WYOMING

- I. Cross Country courses and chutes should be designed and adequately marked in accordance with National Federation rules. (See NFHS Track and Field rule 9.)
- II. The use of white painted lines and flags are highly recommended.
- III. The host school must provide an adequate number of knowledgeable chute workers and course marshals. (See NFHS Track and field rule 9.)
- IV. Team scoring should be in accordance with NFHS rules.
- V. Individual places should be recorded using a widely accepted method such as "Name/School/Division" tags in combination with numbered sticks.
- VI. Provisions should be made to record the place of runners who collapse after crossing the finish line. (See NFHS Track and field rule 9.)
- VII. Host schools should plan for medical emergencies.
- VIII. When numbers are adequate, varsity and junior varsity races should be conducted.
- IX. An awards ceremony should be conducted at the conclusion of all meets to recognize place finishers and announce team scores.
- X. Results should be made available to all teams at the conclusion of the meet.
- XI. Meet results should be sent to the media by the host school.