

CARA Cross Country Rules

Objective: To provide youth a recreational distance running experience in a fun, age-appropriate, and skill developmentally based atmosphere.

Eligibility: Events will be offered to boys and girls age 14 and younger, and the age is based on the age as of the first scheduled meet of the season. Boys and girls will compete in separate divisions. Age eligible children may be participants on a CARA agency team or may register as an independent competitor by signing a participation waiver and paying the designated fee.

Fees: Each agency will pay \$6 per participants to CPRA, except for agencies hosting meets, which will pay \$3 per participant. Independent competitors will pay \$10/meet, \$5 of which goes to the host and \$5 will be paid to CPRA. Fees are due by the first meet of the season.

Meets: Teams will compete in 5 meets; starting the second weekend in September and going through mid-October.

1. All meets will begin at 9:00am
2. The host agency will conduct a coach meeting at 8:00am
3. Age groups and race distances for males and females will be as follows:

Age Groups	Distances
8 Under	2K
10 Under	3K
12 Under	3K
14 Under	4K

4. The final meet will increase the distance by 1K (i.e. 3K, 4K, and 5K) in each divisions. In the final meet only, awards will be given for all age divisions in the 5K race.
5. Participants may compete in further distances; however, they will compete as if they are that age. Separate awards will not be given to participants who compete in further distances above their assigned division. If someone competes in a lower age group, they will not receive an award for running that distance.
6. If a child has won their age group more than once you should be challenging them with an increased distance. Committee chair may ask you to move runners up in order to keep it fun and recreational for all participants.
7. Host agencies need to have their meet course maps, directions to the meet (map), and weather line phone number to Cross Country Chair, no later than Friday, August 28th. Any changes to these courses or locations need to be communicated as soon as possible to Robbie Jordano, at robjor@lakewood.org
8. Host meets will be responsible for the official time, and individual participant results of their respective meet. Individual results need to be sent to Robbie Jordano (robjor@lakewood.org) to be posted on the CARA/Team sideline website.
9. Parents may not run the course with the participants. Any problems should be reported to the Cross Country Chair ASAP, and then the chair will follow up with the coordinator of that agency.

Teams: Each team will adhere to the following rules to be eligible to participate in meets.

1. All agency participants will be dressed in a team uniform. Any independent participants are required to wear a colored penny that will be provided by the host agency so they can be identified.
2. Coaches and participants are responsible for distributing sticker name tags to each participant before each meet. Bibs will not be used, unless provided by a timing company.
 - a. Sticker name tags will be used at each meet unless there is a timing company providing bibs. Below is an example of a participant sticker name tag.

First Name Last Name
8 Under
Male
Lakewood Recreation

Awards: 1st-8th place ribbons will be given out to top finishers in each division and age group.