



2025

Cross Country

Information

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2025 Cross Country Tournament

Accuracy of Entries:

It is the athletic director's and/or the coach's responsibility to correctly submit all tournament entries. Inaccurate or incorrect entries will be rejected and the athlete will not be accepted into the meet. A violation of qualifying criteria will result in a follow up with school administration and may involve a hearing before the MIAA Cross Country/Track & Field Committee.

Electronic entry via Athletic.net certifies that you have read and agree to the following: *We have read, understand, and will abide by the MIAA Handbook as well as the rules for Cross Country. Further, we have received and read the entire Cross Country Format and agree to abide by all of the requirements contained therein. We alone are responsible for rule violations and realize that they will result in Tournament disqualification.*

Athletic.net:

1. Each school must have a user name and password for Cross Country, Indoor Track, and Outdoor Track. Schools have the option of setting up one account for all three seasons, or separate accounts for each season. Athletic Directors with input from their coaches should make this decision. If you already have an Athletic.net account for your team/school, you do not need to create a new one.
2. All entries must be completed through Athletic.net website: <https://www.athletic.net/>
3. For information and help setting up an Athletic.net account please visit the [Quick Start Guide](#).
4. Contact information: The coach must be listed as the contact. Each tournament director will have access to this information. Please do not list the school Athletic Assistant or Secretary, as this will delay the process when an issue arises or last minute information is needed. Information should include current e-mail and phone number(s), the number should be accessible beyond school hours, since most meets occur on weekends.
5. Rosters need to be updated as the season goes along, this will make the entry process go smoother at the deadline time.

Entry Deadline Dates and Times:

1. Monday, November 3, 2025 – Deadline for entries to be completed.
2. Once your entries are completed you must print out a copy of your entries and check for accuracy. Entries can be submitted, edited or changed any time prior to the deadline
3. Each school only has to enter maximum of 10 names (you can enter less); you do not have to declare which 7 will run.
4. **NO LATE ENTRIES** – Late entries will not be accepted for the MIAA Cross Country Tournament. Entries can be submitted any time prior to the deadline.

Entry Rules/Limits:

1. Each school may list ten (10) boys/girls, seven (7) of whom will be allowed to compete. The first five (5) boys/girls to finish will score for their schools. Five (5) boys/girls must leave starting box and finish for a team to score.
2. **Divisional Placement** - See MIAA Fall Tournament Alignments for 2025-26 through 2026-27. Divisional Class Waves (A, B and C) are created to equalize numbers within each division. The Divisional Class A, B and C waves are available on the MIAA Cross Country tournament webpage.

Athlete Supervision & Packet Pick Up:

1. All teams must have adult representation in control of participants at all times. Such representation must be an employee or designated representative of the school district. If not the coach, representative must have written designation from the school principal.
2. Numbers should be distributed only to the seven (7) actually competing. The remaining three (3) bibs **MUST** be returned during packet pick up. All numbers should be pinned securely on the front of the jersey. All will have a chip attached to number.
3. Athletes should come dressed in proper school uniform, (school colors - jersey and shorts) ready to compete. The Uniform Rule will be strictly enforced. In case of inclement weather the Tournament Director **MAY** modify the Uniform Rule.



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General Rules

1. **All MIAA rules will be followed:** High school cross country and track & field in Massachusetts is governed by the latest edition of the National Federation (NFHS) rule book for Track & Field, except where modified within this document/by the Games Committee.
2. **Awards Ceremonies** - Award Ceremonies will commence approximately one hour after the start of the last race in each wave. Medals will be awarded to the first fifteen (15) individual finishers in each race. Trophies will be awarded to each team Wave Champion and Wave Runner-Up.
3. **Finality of Decisions** - The referee's decision in all matters shall be final and without appeal except in those meets for which a Jury of Appeals has been established for that special purpose. The Jury of Appeals (3 officials and 2 coaches) then will have the final authority. In order to have an appeal processed a coach must submit the appeal in writing to the referee within thirty (30) minutes after the results are announced.
4. **Medical Coverage** – Medical coverage will follow local guidelines and policies. At least one licensed athletic trainer and at least one of the following: physician, physician's assistant, certified EMT, or nurse practitioner will be available at the MIAA Divisional Class Meet and MIAA State Championship Meet. The MIAA will compensate for this coverage at these sites.
5. **MIAA Drone Policy** - Prohibiting the Use of Drones (Unmanned Aircraft Systems or UAS's)
The use of drones (UAS), for any purpose, is not permitted at any MIAA tournament event. This prohibition applies to all fields of play, courts, arena, mats, gym floor or pool, and covers a ban on the entire facility being used as part of the MIAA event, including the spectator stands and parking areas.
6. Bikes or Dogs **ARE NOT ALLOWED** at any of the facilities.

MIAA Divisional Championship Meets

Saturday November 8, 2025

1. Teams qualifying will be posted on MIAA website. If listed, you are in, no further information will be sent. The performance list will be declared final 24 hours after being released.
2. Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.
3. Chips are in the bibs. Student Athletes must cross the finish line. Remind student athletes not to stop and check their watch as it could affect their time.
4. Officials will be assigned by the Tournament Directors.

State Championship Meet

Saturday November 15, 2025

Three Divisions of Boys

Three Divisions of Girls

In each division - 23 teams and 30 individuals from non-qualifying teams will compete.

State Championships Qualifications:

- Top seven (7) teams from wave A, B & C
- Top ten (10) individuals from wave A, B & C - not on one of the qualifying teams
- Wildcard #1 - The fastest 8th place team from wave A, B & C
- Wildcard #2 - Will be the next fastest team from the remaining two 8th place teams and the 9th place team finishing immediately behind Wildcard #1 (Fastest: cumulative time of the top 5 finishers from a team).

A trophy and medals will be presented to the winning Team Champion and Team Runner Up in each division. Medals will be awarded to the first fifteen- (15) finishers in each race.