Cross Country Advisory Committee Recommendations – Fall 2025 (November 18, 2025)

_____ 1. Recommend amending the language in the manual regarding District Host Guidelines and send the following requirements to AD Advisory for review and consent: (Approved 7-0)

General Site Criteria

a. Locations for competition sites for all district and state series events shall be conducted in Missouri unless a school owned facility, contiguous to the school campus is beyond the state border.
b. The site facility(s) must be in compliance with the Title III of the Americans with Disabilities Act as a place of public accommodation
c. Secure location for contest officials to be sequestered from teams and spectators.
d. Ability to take admission for all meets.
e. Seating/Viewing capacity shall be adequate to accommodate anticipated attendance.
f. Adequate parking and traffic flow to accommodate a single or double meet. – REQUIRED
g. Adequate concessions available for spectators. – REQUIRED

Host Guidelines – Specific for Cross Country
Requirements

a. The course shall be 5000 meters (+/- 30 meters), measured by a wheel on the tangents (shortest possible path that can be taken)
b. NFHS required minimum is at least 3' wide at its narrowest place and area no longer than 10'.
c. The course shall be at least 15'-20' wide for the 1st km
d. No overhead objects such as tree branches lower than 8' above the ground are permitted. The course should be clear of obstructions (ground and overhead) that might create dangerous situations or interfere with runners
e. Start Area – follow NFHS 8-1-4.a (boxes should be at least (6') wide). From the first box to the last box, there shall not be a distinct advantage for any school.
f. A straightaway at the beginning of the course of at least 100 meters before any significant turns is required.
g. The finish area should have a straightaway of at least 150 yds ending with a mouth at least 15' wide
h. Must have adequate on-site access for restrooms facilities for anticipated crowd and participants

Recommendations

a. The course shall be at least 10' wide after the 1st km
b. Starting boxes should be 3-meters deep for step-up instructions by the starter.
c. Boundary markers shall be continuous throughout the entire length of the course, both inside and outside (white painted lines, ropes, appropriate colored survey flags, or natural boundaries).

_____ 2. Recommend to increase the Cross-Country Advisory Committee to a total of 16 representatives as in Track & Field (Approved 7-0)

_____ 3. Recommend to modify language regarding District Host Sites: A district host site shall host a maximum of 4 races, unless not enough sites available, in which a site would host 6 races. (Approved 7-0)

BOARD ACTION

*	DENIED
**	TABLED FOR FURTHER STUDY
***	APPROVED AS AMENDED
****	NO ACTION

ALL OTHERS APPROVED