

Cross Country Recommended Course Guidelines for hosting the District Meet

- The course shall be 5000 meters (+/-30 meters), measured by a wheel on the tangents (shortest possible path that can be taken)
- NFHS required minimum is at least 3' wide at its narrowest place and no longer than 10'. The course shall be at least 15'-20' wide for the 1st km and at least 10' wide for the remainder of the course
- The course should be clear of obstructions (ground and overhead) that might create dangerous situations or interfere with the runners
- Start Area – follow NFHS 8-1-4.a (boxes should be at least (6') wide). From the first box to the last box, there should not be distinct advantage for any school.
- The first and last 137 meters (150 yds) should be straight with no significant turns
- The finish line should be at least 15' wide
- Boundary markers (painted lines, ropes, survey flags (of the appropriate colors), or natural boundaries) should be continuous throughout the entire length of the course, both inside and outside

Meet Director Recommendations

- Read and fully understand Section 5G from the MSHSAA Cross Country Manual
- Designate a games committee for time schedules, general meet information, protests, etc...
- Designate times where teams can view the course ahead of time
- Course marshals should be placed in areas of potential confusion or cutting of the course
- Provide a backup method of timing/scoring the meet should issues arise with the primary device