

BY-LAW ARTICLE XVIII

Cross Country

Boys and Girls

Sect. 1: Cross Country shall be administered by the NHIAA Cross Country Committee and the rules of the National Federation will govern the sport when applicable. The NHIAA Cross Country Championship Meets will be organized, financed, and directed by the NHIAA Cross Country Committee.

Sect. 2: State Divisional Championships

- A. The State Divisional Championships shall be held on the last Saturday in October at sites determined by the NHIAA Cross Country Committee.
- B. For an athlete to compete in the State Championships, he/she must have participated in at least one (1) cross country meet during the regular season.
- C. The distance for races will be approximately 5 km.
- D. The boys and girls will each be divided into three (3) Divisions: I, II and III.
- E. Entry Procedure – See Cross Country Policies and Procedures Manual.
- F. Scoring – To be considered in the scoring for team championships each school must have a minimum number of five (5) finishers. Schools which start with fewer than five (5) runners, will not be eligible for team awards. Team scores will be determined by adding the places in which the first five (5) runners from each school finish. The finish positions of non-team competitors will be eliminated and team finish positions re-ranked in order to determine team scores. 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.
- G. Awards – Official NHIAA championship and runner-up plaques, as well as ten (10) team medals, will be awarded in each of the divisional meets. In addition, 30 individual medals will also be awarded in Division I, 25 individual medals would be awarded in Division II; 20 individual medals would be awarded in Division III for boys and girls in each division. (CM 1.20)

Sect. 3: Meet of Champions

- A. These meets will serve as the qualifier for the New England Meet, when applicable.
- B. The selection of competitors for these meets will be based on the finish in the divisional meets as determined by the Cross Country Committee. (See Cross Country Policies and Procedures Manual)
- C. The Meet of Champions shall be held on the first Saturday in November at a site determined by the NHIAA Cross Country Committee.
- D. Awards: Official NHIAA medals will be awarded to the top 25 individuals for boys and girls.

Sect. 4: Divisional Alignment

Cross Country shall be aligned into three (3) divisions based upon enrollments and petitions subject to the approval of the Classification Committee.

2022-23 Boys & Girls Cross Country Divisional Alignment

DIV. I (1010+) 20 Schools	DIV. II (550-1009) 22 Schools	DIV. III (1-549) 33 Schools
Pinkerton 3117	Goffstown 1006	Kearsarge 515
Nashua South 1875	Oyster River 863	Fall Mountain 501
Nashua North 1690	Hollis/Brookline 833	Gilford 494
Dover 1548	Merrimack Valley 794	Winnisquam 456
Concord 1515	Milford 780	Monadnock 444
Exeter 1513	Man. West 777	Campbell 432
Man. Memorial 1483	Pembroke 752	Newfound 419
Bedford 1454	Kingswood 735	Prospect Mnt. 417
Londonderry 1363	Kennett 730	St. Thomas 416
Keene 1358	Con-Val 711	Belmont 384
Man. Central 1342	Souhegan 709	Hillsboro 373
Spaulding 1331	Coe-Brown 697	Raymond 364
Merrimack 1158	Hanover 690	Berlin 360
Salem 1158	Bow 630	White Mountains 352
Winnacunnet 1139	Plymouth 626	Trinity 331
Alvirne 1069	Lebanon 614	Hopkinton 322
Windham 1062	Laconia 589	Mascoma 319
Timberlane 1048	John Stark 587	
Portsmouth 1040	Pelham 580	
*Bishop Guertin 803	Sanborn 565	
		Newport 300
		Inter-Lakes 292
		Derryfield 281
		Newmarket 272
		Mascenic 270
		Epping 246
		Bishop Brady 242
		Gorham (G) 236
		Wilton-Lyndeborough 159
		Por. Christian at Dover 150
		Moultonborough 144
		Profile 142
		Hinsdale 139
		Lin-Wood 96
		Canaan, VT 78
		Pittsburg 39

*Petition