

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 Policy 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, 25 individual medals will also be awarded in each division for boys and girls. (CM 1.2020) (CM 11.2023)

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 Policy 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.

2025-26 Boys & Girls Cross Country Divisional Alignment

DIV. I (1010+)		DIV. II (575-1009)		DIV. III (1-574)			
20 Schools		18 Schools		37 Schools			
Pinkerton	3079	Timberlane	986	Pelham	556	Hopkinton	300
Nashua South	1704	Oyster River	844	Sanborn	524	Newport	292
Nashua North	1626	Man. West	781	Monadnock	499	Derryfield	291
Concord	1464	Merrimack Valley	763	Gilford	492	Inter-Lakes	285
Dover	1417	Pembroke	756	Fall Mountain	490	Newmarket	280
Bedford	1404	Hollis/Brookline	750	Kearsarge	485	Bishop Brady	261
Spaulding	1390	Kingswood	746	Prospect Mountain	410	Mascenic	260
Exeter	1384	Kennett	707	Winnisquam	403	Epping	221
Man. Memorial	1365	Milford	698	Newfound	394	Profile	221
Keene	1341	Souhegan	693	Hillsboro-Deering	382	Woodsville	212
Londonderry	1291	Hanover	689	White Mountains	375	Portsmouth Christian	178
Man. Central	1161	Coe-Brown	662	Conant	373	Hinsdale	164
Merrimack	1102	Con-Val	658	Belmont	360	Moultonborough	141
Salem	1096	Plymouth	651	Campbell	356	Wilton-Lyndeborough	131
Winnacunnet	1073	John Stark	648	St. Thomas Aquinas	354	Lin-Wood	77
Goffstown	1043	Lebanon	618	Berlin	348	Pittsburg	77
Alvirne	1025	Bow	611	Raymond	343	Holy Family	66
Portsmouth	1024	Laconia	590	Mascoma	342	Canaan, VT	52
*Windham	995			Trinity	327		
*Bishop Guertin	771	*Petition					