

LAKELAND JUNIOR

CROSS COUNTRY

LEAGUE

REVISED RULES 2015 (update 8/1)

LEAGUE ESTABLISHED 1988

LEAGUE COORDINATOR:

LEN PIETREWICZ

973-895-6005

LAKELAND JUNIOR TRACK & FIELD LEAGUE

GENERAL

1) **TEAM BOUNDARIES & NEW TEAMS:**

When a new team enters the League, the area from which they draw team members must be specific. Most teams are restricted by their Recreation Department. The Lakeland Track League calls for "Town Team" competition. If you join as a team you cannot use runners from neighboring towns. They would be permitted to run paying the weekly fee of \$7.00/runner

2) **NEW TEAM DUES:**

Two years of dues. At the present time dues are \$200/year **\$400.00** to join League. The \$400.00 will pay for your first 2 seasons

3) **MERGERS:**

Merging with other towns or teams is not permitted.

LEAGUE FUNDS:

1) **DUES:**

Dues are payable in September each year. The current dues are **\$200.00**.

2) **BILLS:**

Bills for each season can be printed out from the XC Coaches Corner on our Web Site.

WEEKLY RUNNING RULES:

1) **AGE:**

The age of a competitor will be determined based on the year he or she is born. **(December 31, 2015)**

YOUTH:	2001-02	(13-14)
MIDGET:	2003-04	(11-12)
BANTAM:	2005-06	(9-10)
SUB-BANTAM:	2007-08-09	(6-7-8)

Athletes must remain within their Age Groups. ***No "Moving Up"***

The program is set up for athletes in the 8th grade and under.

NO HIGH SCHOOL ATHLETES regardless of age.

2) **BIRTH DATES:**

All teams are required to check the birthdate of their athletes.

3) **MEET MANAGEMENT:**

Each team must provide a roster prior to the first meet. Runners will be assigned numbers which they retain for the entire season. Each week coaches will be given labels for each runner and that label is placed on a card and pinned to the front of the runners shirt. **ROSTERS MUST BE SUBMITTED USING HY-TEK TEAM MANAGER**

4) **MEET RESULTS:**

The results of each race will be posted on the side of the truck. Additional results can be found at our Web Site.

5) **MEET RIBBONS:**

- A. Place ribbons to 1-20 in each race.
- B. Participant ribbons to all finishers in each race.

6) **WEEKLY HELPERS:**

Each League team must provide a course marshall. Teams will be assigned the same location each week with radio communication to the finish line.

7) **EVENTS:**

13-14 Boys & Girls

3000 meters Weeks: 1-2-3-4
4000 meters Weeks: 5-6-7-8

11-12 Boys & Girls

3000 meters Weeks: 1-2-3-4-5-6-7-8

9-10 Boys & Girls

2000 meters Week: 1-2-3-4-5-6-7-8
3000 meters Week: 7

7-8 Boys & Girls

1700 meters Weeks: 1-2-3-4-5-6-7-8

8) **JUNIOR OLYMPIC EVENTS:**

On the 7th week of the season we will run the Junior Olympic Distances.

13-14 4000m
11-12 3000m
9-10 3000m
9-10 2000m
7-8 1700m

9) **WEEKLY ORDER OF EVENTS:**

13 - 14 Boys & Girls	11:30am	3000m/4000m
11 - 12 Boys & Girls	11:50am	3000m
9 - 10 Boys & Girls	12:10pm	2000m
7 - 8 Boys & Girls	12:25pm	1700m

All times are approximate

10) WEATHER:

We will never cancel a meet because of rain. If conditions worsen during the course of the meet, a meeting of the coaches will be called to determine if it is safe to continue. It is understood that each team will still be responsible for their weekly position on the course.

11) INVITATIONAL MEET:

The Invitational Meet will be held on the 6th week of the season. This meet is open to all runners. There is no cost to the League teams for this meet. Medals to the first 20 in each race with ribbons to all finishers

CHAMPIONSHIP MEET: The League Championship will be held on the 8th week of the season. This meet will be restricted to league teams only. Medals to the first 20 in each race with ribbons to all finishers

12) COURSE RECORDS:

Course records can be found on the web site along with the Top 10 fastest times. This is updated weekly.

13) JUNIOR OLYMPIC PARTICIPATION:

The Lakeland League provides an opportunity for post-league competition in the USATF & AAU Junior Olympic Programs. The following criteria must be followed to participate on these teams.

- A. One of the goals of the league is to provide the most athletes the opportunity to compete in post league competition who consistently participate in the Lakeland League meets.
- B. To qualify for any Lakeland team a runner must participate in a minimum of four (4) meets during the course of the season. If an athlete is injured their case can be presented to the coaches at the Junior Olympics team meeting.
- C. Teams will be formed based on a combination of the following:
 - a. performance
 - b. desire & ability to go to the regional and national competitions.
 - c. meet the four meet minimum
 - d. you must have a Lakeland uniform to compete as a team.