Cross Country and Track Rules and Regulation

Night Running Rules

Runners are not allowed to run on the bike path at night. Runners must run in pairs and cannot wonder off on their own. Runners must return to the start location so that everyone can be accounted for.

Race Point System

A point system will be used to determine who races at the meets that only allow limited amount of entries. You will receive between one and twenty-five points for different things. Twenty-five points for being the first member of the club to finish in a race. If you finish the race you will receive one point. If you win your race you will receive an extra fifteen points. If you are second in a race you will receive an extra ten points. Third place in a race will receive an extra five points. Attending a Club event or meeting will grant you 5 points. Each practice you attend will grant you one point. Other event or participation point value will be determined later by the President and the Membership Vice President.

Example:

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Place | School | Points |
| John Packman | 1 | UB XC & Track Club | 25+ 15 Bonus |
| Denis Roy | 2 | Penn State XC Club |  |
| Carey Goodman | 3 | UB XC & Track Club | 24+ 5 Bonus |
| James Jim | 4 | Oregon Running Club |  |
| Bobby Factor | 5 | UB XC & Track Club | 23 |

The point system is subjected to change and is only in an experimental phase.

MORE RULES WILL BE ADDED SOON.