

CROSS-COUNTRY – revised by the WACC Board on 10/1/2025

1800. The National Federation Cross-Country Rules, as modified by the CIF, NCS and the WACC are the official rules of the WACC.
1801. At their yearly postseason meeting, coaches shall recommend sites and dates for competition the following year; Garin Park, Oyster Bay, Hayward High, Crab Cove, Joaquin Miller, and Canyon Middle School are some proposed sites for meets. The schedule shall be developed by the league commissioner, presented to the league AD's for their recommendations, and presented to the WACC Board of Directors for final approval.
1802. The league commissioner shall have the authority to adjust sites as necessary. Hosts for the above sites shall be ready to alert runners to potential safety hazards. A "rainout" course shall be selected by coaches at the preseason meeting. Every attempt shall be made to secure a certified athletic trainer at these "center" meets.
1803. Hayward High shall be the permanent site for the conference championships. 10-foot wide starting box assignments shall be drawn at a preseason AD meeting. Every attempt shall be made to secure a certified athletic trainer at this meet.
1804. Competition shall be at the varsity, junior/senior (J/S), and frosh/soph (F/S) levels for both the league season and the conference championships. All races shall be three miles. The host schools shall be responsible for immediately disseminating dual meet results to league schools.
- 1804.1 In "center" meets schools are allowed 12 entries at the varsity level; the first seven runners scoring, and unlimited entries at the J/S and F/S levels.
- 1804.1.1 Foothill scoring shall be on a dual meet basis at the varsity level and invitational meet scoring at the non-varsity level.
- 1804.1.2 Shoreline scoring shall be on an invitational meet basis at both the varsity level and the non-varsity level. Schools shall be ranked from one to six based on the results of all center meets
- 1804.2 Seven varsity entries per school will be allowed at the conference meet; unlimited entries shall be allowed for J/S and F/S competition at the conference meet.
- 1804.3 There shall be a jury of appeals at all center and conference cross-country meets to resolve protests, composed of the host coach and the two most senior coaches. The seniority list shall be reviewed at the preseason meeting.
1805. Foothill League - Juniors and seniors must compete at the varsity or J/S levels; freshmen and sophomores must compete at the varsity or F/S levels. The J/S team may be a scoring team, even if a school does not field a complete varsity scoring team (five runners). However, at any time during the season, once a school fields a complete varsity scoring team, they may no longer field a scoring J/S team without also fielding a complete varsity scoring team. Shoreline League – Schools shall compete at the varsity and JV levels. The JV race will be conducted at the same time as the Foothill JS race. Schools may also add runners to the Foothill F/S race. Coaches may adjust non-varsity scoring and race combinations at the preseason meeting or at a coaches' meeting preceding a center meet.
1806. The league commissioner shall propose league placements every two years based on team times at the last two WACC championship meets. There shall be two league champions: one from the league with the six fastest team times (Foothill); one from the league with the next six fastest team times (Shoreline). The league champions shall be determined based on the dual meet and league meet placings. A team finishing first in the dual meet league standings shall receive one point; second, two points; third, three points; etc. A team finishing first in the conference meet shall receive one point; second, two points; third, three points; etc. Points earned from the dual meets and the conference meet shall be added to determine the league champion; the teams with the lowest point totals win the league championships.
- 1806.1 In the case of ties in the dual meet standings, each team shall receive the number of points corresponding to the average of the places covered by the tied teams (e. g. two teams tied for 2nd place would each receive 2.5 points, the average of 2nd and 3rd place
- 1806.2 In the case of a tie between two or more teams for the league championship, the team with the best finish in the league championship meet shall be declared the league champion.
1807. All-League First Team honors shall be awarded to the first seven finishers in each league in the conference championship meet. Second Team All-League honors shall be awarded to the next seven finishers in each league. Honorable mention shall be considered by the coaches in exceptional circumstances. A boys' and girls' "runner of the year" from each league shall be awarded to the winners of the varsity races at the league meet.