

SPECIAL DISTRICT 1
CROSS COUNTRY SOP
(10-25-12)
Standard Operating Procedures

Special District 1 shall consist of the following schools:

Catlin Gabel, Columbia County Christian, Clatskanie, De La Salle North Catholic, Knappa, Neah-Kah-Nie, Oregon Episcopal, Rainier, Valley Catholic, Vernonia, and Warrenton, Portland Christian, Corbett / Corbett Charter, Portland Adventist Academy, Faith Bible, Life Christian

1. District 1 meets will be held at 3:00 P.M., or changed by mutual consent. If two races are to be run, then the girls' race will be first, followed by the boy's.
2. Course length shall be 5000 meters (3.1 miles).
3. District Race:
 - A. The District Meet shall be on Thursday two weeks prior to the State Meet. The preferable starting time is 3:00 P.M.
 - B. A runner must have competed in at least two regular scheduled meets before being eligible to run at the Special District 1 Meet. Any regular scheduled meets.
 - C. Each varsity team shall consist of 5-7 runners.
 - D. The sports chairperson will secure a site after approval of the Athletic Directors and organize the race. Procedures will be sent out at least two weeks in advance of the District Meet.
 - E. Only 3A/2A/1A Special District 1 schools will compete in the District Meet.
4. ALL-DISTRICT INDIVIDUAL & TEAM AWARDS
 - A. The first five places at the District Meet will be named first-team All District and will be awarded medals. Runners placing 6th-10th at the meet will be named second-team All District and will be awarded ribbons. Runners placing 11th thru 15th will be given "honorable mention" and will be awarded ribbons.
 - B. The team champions at the league meet will be awarded trophies.
5. The Sports Chairperson may send out a schedule of meets for the next year before the November Athletic Directors' meeting, depending on the number of schools with teams.

Special District 1 Cross Country Chairperson Duties:

1. In October draw up the schedule for the next year. **Pre-Districts 9/9/13, Districts 10/24/13**
2. In October establish the venues for the following years Pre-District and Special District meets. **THPRD**
3. Plan the meets listed above.
4. Set up and administer the two meets listed above.
5. Chair the coach's meetings at the meets and draw up the ballot for Coach of the Year Award.
6. Circulate all the District and Conference meet results to the OSAA and publications serving Special District 1 member schools.