



CROSS COUNTRY



Cross Country Athletic Directors and Coaches,

As the season approaches, we would like to provide you with some cross country specific information as well as some general information to consider as we progress through the season. If you have any questions or would like additional information please feel free to contact me.

We encourage you to share the new resource document that was added last season to the Cross country Rules & Regulations Page online: [General Nutrition Guidelines for Cross Country Runners](#). Since Cross Country runners have unique fueling needs, it is important that coaches, athletes and parents work to ensure that high school runners have a nutrition plan to complement their training plan.

Please take time to review and become familiar with Heat Guidelines and Air Quality information. We encourage coaches and athletic directors to have conversations prior to the season to address the potential health effects of heat/humidity and air quality. Information is found on the [Health](#) section of the WIAA website.

Good luck this season!

Mel

Cross Country Specific Reminders

Sectional Entry Deadline: Tuesday, October 22 at 11:59 p.m.

Sectionals (Week 16): Division 2 - Friday, October 25

Division 1 and 3 - Saturday, October 26

State (Week 17): November 2 - Ridges Country Club - Wisconsin Rapids

[2024 Cross Country Rules Changes](#)

[WIAA Season Regulations](#) | [WIAA Tournament Procedures](#)

[WISCONSIN ADAPTATIONS TO NFHS RULES](#)

Tournament Assignments: [Division 1](#) | [Division 2](#) | [Division 3](#)

General Sport Reminders

Review important information regarding all WIAA sports in our General Sport Reminders.

[General Sport Reminders](#)

Wisconsin Interscholastic Athletic Association (WIAA)

5516 Vern Holmes Drive • Stevens Point, WI 54482 • 715 344-8580