2026 WINTER CROSS COUNTRY
CCSL RULES AND EXCEPTIONS
AD's: PLEASE PROVIDE TO HEAD COACH AT BEGINNING OF SEASON

- All courses should be between 1.9 and 2.1 miles.
- Team score will be based on a school's top 5 finishers.
- Ghost Runner rule will be in effect for all meets. The ghost runner's team scoring position will be equal to the race's last place finishing position.