

**DISTRICT 24AAA CROSS COUNTRY RULES
2018-2019**

1. Cross Country rules will adhere to National Federation Cross Country handbook and UIL handbook.
2. Each participating school will provide 2 workers. Participating schools may also be requested to furnish helpers as need is determined by Contest Director.
3. Medals will be ordered from the same source as the Spring Meet awards are ordered.
4. Certification date is Saturday, October 13, 2018.

5. **Varsity & Jr. Varsity**

Host School: Palacios
Director Bill Fort
Site: Palacios
Date: Monday, October 8, 2018
Time: As determined by host school.

Junior High

Director Bill Fort
Site: Palacios
Date: Saturday, October 6, 2018
Time: After school...specific time TBA

6. Coaches will exchange schedules prior to the season starting.