

# 2009/2010 WPIAL CROSS COUNTRY SCHEDULE

January 30, 2009

First Practice Date ~ August 17, 2009  
First Scrimmage Date ~ August 22, 2009  
First Play Date ~ September 4, 2009

**Maximum Contests ~ 16 Meets**  
**Maximum Scrimmages ~ 2**

WPIAL Cross Country section competition begins **September 15, 2009**, and must be completed according to the schedule. Please check your schedule carefully and contact the League office at (412) 921-7181 or 800-297-9553 regarding any errors. Section play has been limited to one meet with each opponent. The schedule reflects the same day for boy and girl competition as dual meets where possible. Adjustments to the schedule may be made to accommodate conflicts in boy/girl same-day assignments. Please be flexible on this point. It is recommended that all afternoon contests do not start **before 3:30 PM** unless the competing school principals agree. **See the calendar for championship play dates.**

**NOTE:** In sections with ten (10) teams, week number three (**September 29**) will be designated as the official section meet date for those teams that might be scheduled "multiple times" throughout the posted schedule. The additional competitions between section opponents will be designated as exhibition or non-section contests and will not count towards the establishment of a section record for determining a section champion.

**WPIAL UNIFORM RULE** – Shoes are required. No jewelry, including watches, may be worn. An exception is made for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. Competitors shall wear school-issued full-length cross country top and bottom or one-piece uniform. Any visible apparel worn under the jersey and short must be of a single (same solid) color. Undergarments visible under the jersey need not be the same color as the undergarments visible under the shorts. All visible undergarments may have a **SINGLE** manufacturer's logo or trademark and or school insignia or logo not to exceed 2 1/4" X 2 1/4". **Under Armour or similar items with more than one visible logo are not permitted.** The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed-leg briefs are also acceptable for girls' competition. Shorts may vary in length and style but must be of the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, abbreviated brief (French or high cut) and similar apparel may be worn under the track shorts, but not in lieu of them. The waistband of a competitor's shorts shall be worn above the hips. Protective undergarments for inclement weather are permitted when necessary. **NOTE:** Socks are **no longer** considered visible apparel (part of the uniform). **The adornment of body piercing of any type is considered jewelry; and therefore, not permitted during competition. Penalty for an illegal uniform or wearing jewelry is disqualification from the event.**

**SECTION PLAQUES** - will be awarded to the winner of each section based on the best section record. Ties for first place will be declared co-champions and both will receive a plaque.

**SCORING** – in the dual meets will be conventional. You may count the seven top finishers in a dual meet with five of them scoring and two to displace.

The WPIAL cross-country individual and team champions will be determined at the WPIAL championship.

**All AAA and AA competitors will report to the WPIAL Championship to be conducted at Coopers Lake (Slippery Rock, PA) on **Thursday, October 29, 2009.****

The PIAA Championships will be conducted on Saturday, November 7, 2009.