



## 2009 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

- 1. COMPETITION RULES:** Current IAAF Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the USA Track and Field (USATF) Winter National Cross Country Championship.
- 2. DIVISIONS AND COURSE DISTANCES:** Armed Forces runners will compete in the Open Division. Distances are approximate, as finalized by host of the USATF sanctioned championship:
  - A. Men's Long Course Competition: 12K
  - B. Women's Competition: 8K
- 3. SCORING:** Men and women team scores will be separated. The winning men and women team is determined by USA Track & Field's displacement scoring system. This system adds the place number finish of team's official scorers, with place numbers affixed through the Armed Forces event, not the overall national championship event (i.e. the first place Armed Forces finisher in the Men's 12K, who finishes 16th in the national championship, receives the number 1, not the number 16). The winning men's team is determined by adding the displacement finishers of the top four of the team's six men participating in the Men's Long Course (12K), The winning women's team is determined by adding the displacement finishers of the top three of the team's five women participating in the Women's 8K.
- 4. TIE-BREAKER POLICY:** Placement of first non-scorer for each team (Either the fourth male long course finisher; the third male short course finisher; or the fifth place finisher in the women's race).
- 5. SCHEDULE OF EVENTS:**

Day One	Teams Arrive
2000	Organizational Meeting

Day Two      0900-2000    Packet Pick-up  
                 1300-1700    Course Inspection  
                 1600-1730 -

**Informal Ice-Breaker** -Team members must attend the event in their service polo shirt with slacks (color determined by Service). Male personnel cannot wear earrings.

1900 Technical Meeting

Day Three      Team Competitions

**Awards Ceremony** - (Conducted when times finalized by race organizing committee). Service teams are required to wear like-Service issued team apparel or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards or be selected to the Armed Forces team. If the Awards Ceremony is conducted in conjunction with the Informal Ice Breaker, then all Service Members must comply with Ice Breaker dress policy. The top 12 (available) men's finishers will advance to represent the U.S. in the CISM Championship. Top finishers, in order, shall declare whether they will run the CISM Men's Long or Men's Short event.

Day Four      Teams Depart

Note: Times and dates of events may change as determined by the competition organizers.

**6. AWARDS:**

A. Individual: Awards are given to the top three finishers in the men's long course and women's competitions based on raw times.

B. Team Award: Individuals awards are given to each member of the first place and second place men's and women's teams (to include the team trainer and OIC).

**7. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP:** Each service is allowed to enter the maximum number of competitors in each course event indicated in parenthesis. The event is open to all active duty personnel. Team points and awards will only be awarded to official Service Team members. Roster not to exceed 18 individuals:

6 Men  
5 Females  
1 Coach  
1 Certified Athletic Trainer  
1 OIC

**8. TEAM COMPOSITION - CISM:** As follows or as dictated by host country invitation:

8 Men (Long Course)  
4 Men (Short Course)  
5 Women  
2 Coaches \*(1 Navy Coach/1 Marine Corps Coach)  
1 Tech Committee Member  
1 Certified Athletic Trainer  
1 Team Captain  
1 Chief of Mission  
TOTAL: 23

**\* Service Representative on site will determine who will be the primary coach and assistant coach. Coaching positions will rotate to the Army and Air Force in 2009.**

**9. FORMS AND ROSTERS: All Higher Level Advancement forms and Service Team Rosters for the Armed Forces Championship must be turned into the Host Project Officer at the Organizational Meeting.**

**10. ALCOHOL POLICY:** There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day. The venue is defined as the playing area and the assigned seating/spectator area. More restrictive installation policies in regards to alcohol will take precedence.