

2025 NIAA (boys & girls) Cross Country Reference ***(NIAA Handbook information is on page 4)***

League/Region Meet Qualifying

Class 1A

Any class 1A schools which compete in cross country will run in the 2A region and state meets.

Class 2A – Northern Region and Southern Region

All postseason-eligible schools are permitted to enter one boys and one girls team or individual(s) in their respective region championship meet. Please note that a region may institute more restrictive qualification procedures should it choose to do so.

Class 2A amended scoring format (used in both region and state meets):

Note: Class 2A will score a team's first four (4) finishers and have the fifth, sixth and seventh finishers serve to displace other teams' scores.

Class 3A – Northern League and Southern League

All postseason-eligible schools are permitted to enter one boys and one girls team or individual(s) in their respective league championship meet. Please note that a league may institute more restrictive qualification procedures should it choose to do so.

Class 4A – Desert League and Mountain League

All postseason-eligible schools are permitted to enter one boys and one girls team or individual(s) in their respective league championship meet. Please note that a league may institute more restrictive qualification procedures should it choose to do so.

Class 5A – Northern League and Southern League

All postseason-eligible schools are permitted to enter one boys and one girls team or individual(s) in their respective league championship meet. Please note that a league may institute more restrictive qualification procedures should it choose to do so.

State Qualifying

Note: Replacement of a state qualifier

A qualifying individual who is unable to participate in the state meet due to injury, illness, ineligibility or other justified occurrence may be replaced **if notification is given to the NIAA by noon on the Monday immediately preceding the state meet. Notification that a qualifier will not be able to compete should be in writing by a school administrator to NIAA Assistant Director Bartt Davis (niaarecords@gmail.com)**. The next placer from the same classification and league/region would be invited to fill the vacated position. All notification of changes to individual qualifiers must be made through the NIAA office. If notification is received after the noon. Monday deadline, the individual unable to compete will not be replaced.

Class 2A (includes 1A schools)

Team – The top three (3) teams from the Northern Region championship meet and the top three (3) teams from the Southern Region championship meet advance to the six (6)-team Class 2A state championship meet.

Individual – The top seven (7) individuals from non-qualifying state meet teams from the Northern Region championship meet and the top seven (7) individuals from non-qualifying state meet teams from the Southern Region championship meet also advance to the Class 2A state championship meet.

Class 2A amended scoring format (used in both region and state meets):

The Class 2A will score a team's first four (4) finishers and have the fifth, sixth and seventh finishers serve to displace other teams' scores.

Class 3A

Team – The top four (4) teams from the Northern League championship meet and the top four (4) teams from the Southern League championship meet advance to the eight (8)-team Class 3A state championship meet.

Individual – The top seven (7) individuals from non-qualifying state meet teams from the Northern League championship meet and the top seven (7) individuals from non-qualifying state meet teams from the Southern League championship meet also advance to the Class 3A state championship meet.

Class 4A

Team – The top four (4) teams from the Desert League championship meet and the top four (4) teams from the Mountain League championship meet advance to the eight (8)-team Class 4A state championship (Southern-only) state meet.

Individual – The top seven (7) individuals from non-qualifying state meet teams from the Desert League championship meet and the top seven (7) individuals from non-qualifying state meet teams from the Mountain League championship meet also advance to the Class 4A (Southern-only) state championship meet.

Class 5A

Team – The top five (5) teams from the Northern League championship meet and the top five (5) teams from the Southern League championship meet advance to the ten (10)-team Class 5A state championship meet.

Individual – The top seven (7) individuals from non-qualifying state meet teams from the Northern League championship meet and the top seven (7) individuals from non-qualifying state meet teams from the Southern League championship meet also advance to the Class 5A state championship meet.

General Information

More information regarding meet procedures, rules and regulations (entries, schedule, etc.) can be found in the specific region and state championship meet information packets located on www.niaa.com, in the fall sports – cross country section (links at the top of the main sports page). These meet information packets are binding documents for the meets they serve and act as standing state-adopted rules.

Where required as part of the meet process, competitors must finish the race with the official timing equipment (jersey bib, shoe chip(s), etc.) in order to be counted in the scoring process. Any device used as timing equipment as recognized by the meet staff becomes an official component of the uniform.

NIAA HANDBOOK – CROSS COUNTRY REGULATIONS

NAC 385B.430 Cross-country: Generally. (NRS 385B.060)

1. The Board shall establish the date upon which a school may begin practicing for a cross country season at least two years before the beginning of the season. Each season ends upon completion of the state meet for cross-country, which must be conducted at the date, time and place specified by the Board.

2. The rules of the National Federation of State High School Associations, or its successor organization relating to cross-country, govern each cross-country meet. The rules are in addition to any requirements for conducting the meet adopted by the Association.

Teams will consist of a maximum of seven runners, but only the first five (5) – 5A, 4A & 3A / four (4) – 2A/1A finishers from a team will be counted in the team score. The Class 2A/1A will score their first four (4) finishers per team. The scores (finishing places) of the (2A-fifth) sixth and seventh team members (if applicable) will serve to (displace) make the opponent's score larger. All scoring will be recorded as set in the National Federation rules book. All individuals who qualify as unaffiliated/unattached to a team will be removed from the team scoring process.

3. A school shall not schedule a cross-country meet that is conducted for practice between schools.

4. A pupil shall not participate in more than one event for a cross-country meet during a day.

5. The length of the course for a league, regional or state tournament for cross-country must be as close as possible to 5,000 meters. The length of the course for a cross-country meet that is conducted for practice or during the regular season may be less than 5,000 (-- please note the distance range for high school cross country is 2,500 meters to 5,000 meters per the N.F.H.S.--) but no more than 5,000 meters.

6. Each team that participates in a varsity cross-country meet may consist of a maximum of seven members.

(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)

Meet limit for cross country is 14

NIAA CROSS COUNTRY (boys and girls) alignment (2025 through 2027 seasons)

Class 5A (Northern and Southern, 22 teams)

<u>Class 5A Northern (one league, 11 teams)</u>	<u>Class 5A Southern (one league, 11 teams)</u>
Bishop Manogue	Arbor View
Carson	Bishop Gorman
Damonte Ranch	Centennial
Douglas	Coronado
Galena	Desert Oasis
Hug	Faith Lutheran
McQueen	Green Valley
North Valleys	Liberty
Reed	Palo Verde
Reno	Shadow Ridge
Spanish Springs	Sky Pointe

Class 4A (Southern only, 29 teams)

<u>Class 4A Desert League (15 teams)</u>	<u>Class 4A Mountain League (14 teams)</u>
Amplus	Basic
Bonanza	Pinecrest Academy Cadence
Cheyenne	Canyon Springs
Cimarron-Memorial	Chaparral
Clark	Del Sol
Desert Pines	Eldorado
Doral Red Rock	Foothill
Durango	Las Vegas
Legacy	Mater Academy East
Somerset Academy Losee	SECTA
Mojave	Silverado
Rancho	Pinecrest Academy Sloan Canyon
Sierra Vista	Sunrise Mountain
Spring Valley	Valley
Western	

Class 3A (Northern and Southern, 20 teams)**Class 3A Northern (one league, 11 teams)**

Churchill County
 Dayton
 Debbie Smith
 Elko
 Fernley
 Lowry
 South Tahoe
 Sparks
 Spring Creek
 Truckee
 Wooster

Class 3A Southern (one league, nine tms)

Boulder City
 Coral Academy Sandy Ridge
 Cristo Rey
 Equipo
 The Meadows
 Moapa Valley
 Pahrump Valley
 SLAM Nevada
 Virgin Valley

Class 2A (Northern and Southern, 28 teams)**Class 2A Northern (one league, 17 teams)**

Battle Mountain
 Carlin
 Coral Academy Reno
 Excel Christian
 Incline
 North Tahoe
 Oasis
 Owyhee
 Pyramid Lake
 Sage Ridge
 Sierra Lutheran
 Silver Stage
 Virginia City
 Wells
 West Wendover
 Whittell
 Yerington

Class 2A Southern (one league, 11 teams)

Adelson
 American Heritage
 Beaver Dam
 Founders
 GV Christian
 Indian Springs
 Lake Mead
 Laughlin
 Lincoln County
 Needles
 White Pine