

5A Cross Country Proposal

2009 & 2010 Seasons

This proposal was advertised to the coaches in attendance at the Track Clinic on Jan. 10, 2009.

Comments / Questions?

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5A State Cross Country Meet Proposal (starting in 2009)

Option I

1. Conduct Region Meets to determine a Region Champion (3rd to the last meet of the season; would be for conference "bragging rights" only)
2. Conduct 2 Super Region (SR) Qualifying Meets the week before the State Meet (16 teams in one Super Regional, 15 teams in the other)
3. Ten teams qualify for State from each SR
4. No SR Team Awards given (qualifying meet only); medals awarded to top 20 finishers
5. Top 20 individuals qualify for the State Meet

Option II

1. Eliminate Region Meet concept.
2. Conduct 2 Super Region (SR) Qualifying Meets the week before the State Meet (16 teams in one Super Regional, 15 teams in the other)
3. Ten teams qualify for State from each SR
4. Give SR Team Awards to the top three teams; medals awarded to top 20 finishers
5. Top 20 individuals qualify for the State Meet

Rationale:

The advantages are:

1. Every Conference except the 5A has a qualifying process to get to the State Meet. This will bring 5A in line with all other conferences.
2. Better competition! This will generate more interest for the athletes and coaches.
3. Super Region qualifying will create a more manageable state meet as end times in the finish chute will be reduced
4. Athletes qualifying for State will have the satisfaction of having qualified for the meet.

Proposed 2009 5A1 Super Region Contestants (Contestants could be rotated in 2010 if there is sufficient demand for it):

- I- East Valley (7)- Basha, Corona del Sol, Dobson, Gilbert, Highland, Mesquite, Mtn. View Mesa
Desert Valley (2)- North Canyon, St. Mary's
Pima (5)- Casa Grande, Desert Ridge, Mountain Pointe, Skyline, Westwood
Northwest (1)- Mountain Ridge
Desert West (1)- Cesar Chavez
- II- Central(6)- Brophy/Xavier, Chandler, Desert Vista, Hamilton, Mesa, Red Mtn.,
Gila Valley (2)- Kofa, San Luis
Southern (3)- Buena, Salpointe, Tucson
Metro (4)- Maryvale, Alhambra, North, Trevor Browne

Note: 5A2 Super Regionals are not included as the author did not feel sufficiently qualified to determine possible 5A2 matchups due to being knowledgeable primarily about 5A1 teams. Someone from 5A2 should propose the possible Super Region fields.

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