



**Inland Empire Athletic Conference
Men's Cross-Country Supplement**

1. Season

- 1.1 Practice shall begin according to 3C2A regulations
 - 1.2 Date of first meeting shall begin according to the 3C2A regulations.
 - 1.3 Maximum number of contests including scrimmages and the Conference Championship Meet shall be according to 3C2A regulations.
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2. Schedule

- 2.1 It is recommended that the IEAC Conference Championship races be run on the last Friday of October, a week before the SoCal Championships. IEAC will require no other inter-conference competitions.
 - 2.2 Changes to the recommended IEAC Conference Championship date and times, due to circumstances such as availability of the course, must be approved by a vote of the coaches no later than at the pre-season coaches meeting.
 - 2.3 Every effort shall be made to run the meet on the scheduled day and time. If weather conditions make it unsafe or impossible to compete, the meet shall be rescheduled for the next available day. Failure to reach such consent will cause the meet to be rescheduled by the conference commissioner.
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3. Rules

- 3.1 Cross-country shall be regulated by the NCAA rules, the regulations of the 3C2A and by conference provisions.
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4. Course and Facilities

- 4.1 The course shall be four (4) miles in length for men and 5,000 meters in length for women. It shall be of adequate width at all points so as to guarantee equal advantage for all runners and must be clearly marked. Mile markers must be clearly indicated at mile 1, 2, and 3 on both the men's and women's courses.

- 4.2 A finish chute will be used in all conference meets with the wide part of the entrance acting as the finish line as illustrated in the State Cross Country Supplement.
- 4.3 Electronic timing will be implemented for all championship races.
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5. Awards

5.1 Team

- a. Award to the Men's team winning the IEAC Conference Championship Meet.
- b. Award seven (7) individual medals to the Men's IEAC Conference Champion Teams.

5.2 Individual

- a. Award the individual champion of the IEAC Conference Championship Meet.
- b. Awards medals to the top fourteen (14) finishers in the IEAC Conference Championship Meet

5.3 All Conference

- a. The top fourteen (14) individuals in the IEAC Conference Championship Meet will be designated as the All-Conference Team and will receive certificates in addition to their medals. The first seven (7) are first team all-conference finishers, 8-14 are second team all-conference finishers

5.4 Coach of the Year

- a. The coach of the year award will be awarded at the conference championship meet. The coach of the year will be the winner of the conference championship team.
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6. Conference Championship Meet

- 6.1 All entries must qualify by starting and finishing at least one sanctioned race prior to participating in the championships. Any entered runner may score. Only the top seven (7) runners for each college shall count in the scoring
- 6.2 The IEAC Conference Championship Meet shall be rotated among the colleges of the conference. Prior to the IEAC Conference Championship Meet, the host college shall establish a course and include a map of the course with the meet information to be distributed at least a month prior to the championships.
- 6.3 As of 2022 the PCAC and IEAC will alternate hosting conference championship. Even years the IEAC will host, odd years PCAC will host.
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7. Conference Championship Rotation

- Chaffey College 2019
- College of the Desert 2021
- Norco College 2022
- Victor Valley College 2024
- San Bernardino Valley College 2026

- Cerro Coso College 2028
- Crafton Hills College 2030

- 7.1 Each new season the host rotates to the bottom; new colleges are added to the bottom of the list.
 - 7.2 The IEAC Conference Championship Meet recommends a USATF-Certified meet referee. The Meet Management will be responsible for providing the Meet Referee with a copy of the 3C2A Championship Handbook, the IEAC Cross Country Supplement and the NCAA Rulebook at least three weeks prior to the IEAC Conference Championship Meet.
 - 7.3 The Jury of Appeals shall consist of cross country knowledgeable representatives; one from the hosting college and one from each of the next two hosting conference member colleges listed in the rotation (04.b.i). The members of the Jury of Appeals shall be identified to meet management at least three weeks prior to the championship.
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8. Protests

- 8.1 Any protest of a meet not resolved by NCAA, 3C2A or Conference regulations shall be decided by action of the Inland Empire Athletic Conference.
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9. Committees

- 9.1 Conference appointed Conference Representative to chair all meetings.
- 9.2 Membership to consist of all coaches who are currently coaching cross country teams in the IEAC Conference.
- 9.3 Voting membership shall consist of one (1) vote per cross country team, per college.