

NORTH BAY LEAGUE

Cross Country Schedule

(Revised August 27, 2015 to reflect new center meet format)
2015-16

First day of practice: August 17, 2015

Number of contests: 14 meets and 2 scrimmages

Meet times: JV boys, 3:45; JV girls, 4:20; Varsity boys: 5:00; Varsity girls: 5:30

Wednesday, October 7, 2015

First Center Meet

Spring Lake Park

Wednesday, October 21, 2015

Second Center Meet

Spring Lake Park

Friday, November 6, 2015

NBL Championship Meet

Spring Lake Park (hosted by Montgomery)

North Coast Section Meet of Champions: Saturday, November 21, 2015

CIF Cross Country Championships: Saturday, November 28, 2015

Explanation of Center Meet format

- All schools will compete together at one site.
- Center meet will be scored using invitational meet scoring, just as the NBL Championships are scored.
- There is no longer a limit on the number of varsity participants allowed in the two center meet races; the limit is still seven runners for the NBL Championship Meet.
- There is no rule requiring a team to field a junior varsity team, but a school must field a varsity team consisting of at least five runners before entering a JV team at both center meets and the NBL Championships.
- Each Center Meet will be worth 25% of the scoring for the overall league standings, with the NBL Championships representing 50% of the scoring.
- The number for each place of finish in a center meet will be multiplied by a factor of .25.
- The number of each place of finish in the NBL Championship will be multiplied by a factor of .5.
- The points earned by each team will be totaled at the conclusion of the NBL Championships, with the lowest point total denoting the NBL Champion.