

NORTH BAY LEAGUE
Cross Country Schedule
2016 – 2017 (Revised April 21, 2016)

First day of practice: August 15, 2016

Number of contests: 14 meets and 2 scrimmages

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

Wednesday, October 5, 2016

First Center Meet

Ukiah

Wednesday, October 19, 2016

Second Center Meet

Spring Lake Park

Friday, November 4, 2016

NBL Championship Meet

Spring Lake Park (hosted by Rancho Cotate)

Final date for competition other than

NCS/Les Schwab Tires or CIF Championships: Saturday, November 12, 2016

North Coast Section Meet of Champions: Saturday, November 19, 2016

CIF Cross Country Championships: Saturday, November 26, 2016

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.