

# **An Introduction to Cross Country at St. Ignatius**

## **Leagues and Divisions:**

St. Ignatius competes in the West Catholic Athletic League (WCAL) and Central Coast Section (CCS). We are a Division III team. Schools are divided by size for CCS and CIF competitions- but not for leagues. There are some teams in our league that are both much larger and much smaller than we are, and are not in our division for CCS or CIF.

## **Team Scores:**

Cross Country is a team sport. Team scores are computed by adding up the first five finishers from each team, with the lowest score winning. (If a team were to have their top five runners finish 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup>, this would be a “perfect” score of 15).

## **The WCAL:**

The WCAL has three league meets, the first of which we host in Golden Gate Park. The second meet is usually at a southern site in our league (Mountain View, San Jose, etc) and our league championship meet is always at Crystal Springs in Belmont. For the first two league meets, the team finishing first receives 8 points, second place receives 7, third place receives 6, etc. For our final league championship meet, first place receives 16 points, second place receives 14 points, third place receives 12 points, etc.

## **Levels and Teams:**

The boys compete at four levels in the WCAL- freshmen, sophomore, junior varsity (juniors and seniors) and varsity. The varsity team is limited to 7 runners only, and is made up of the fastest 7 runners, regardless of grade level. All other levels are unlimited in size. Only the Varsity team is eligible for CCS and other postseason competition.