

CROSS COUNTRY MEET SCORE SHEET

MEET

DATE

COURSE / DISTANCE

FINISH ORDER (ENTER EACH RUNNER AS THEY CROSS THE LINE)							
PL	RUNNER	TEAM	TIME	PL	RUNNER	TEAM	TIME
1				13			
2				14			
3				15			
4				16			
5				17			
6				18			
7				19			
8				20			
9				21			
10				22			
11				23			
12				24			

How to score: Add up the finishing places of each team's top 5 runners. Lowest total wins. A team needs at least 5 finishers to score. Runners 6 & 7 are "displacers" – they don't add to their own score but push rival runners back. **Tiebreaker:** the team whose 6th runner finishes higher wins. In dual meets, a total of 27 or lower always wins.

TEAM A TOP-5 TOTAL

TEAM B TOP-5 TOTAL

CROSS COUNTRY ROSTER CARD

TEAM

COACH

MEET / DATE

Varsity 7 (Scoring Squad)				
#	Runner Name	Grade	Bib #	Seed / PR Time
1				
2				
3				
4				
5				
6				
7				

Reminder: Runners 1–5 score for the team; 6 & 7 run as displacers and set the tiebreaker. List them in projected finish order.

Alternates / JV				
#	Runner Name	Grade	Bib #	Seed / PR Time
8				
9				
10				
11				
12				
13				

CROSS COUNTRY SEASON SCHEDULE

TEAM

SEASON / YEAR

HEAD COACH

MEET CALENDAR				
DATE	MEET NAME	LOCATION / COURSE	TIME	NOTES

Tip: Note the course distance (HS varsity races are typically 5K; middle-school races are often 2 miles or shorter), the start time, and whether it is a dual, invitational, or championship meet – scoring differs between them.