



Arizona Interscholastic Association, Inc.

**5A CONFERENCE
STATE CROSS-COUNTRY
QUALIFICATION STANDARD
(Average Time last 4 years 125th place)**

The individual needs to run this time or better ONCE at an AIA Sanctioned Invitational, City, District or Region Meet.

		Sea Level - 2, 999 ft	3000 – 3999	4000-4999	5000 +
	Distance				
5 A Div II GIRLS	4800m	24:48	25:03	25:18	25:33
	5000m	25:48	26:03	26:18	26:33
	5200m	26:48	27:03	27:18	27:33
5 A Div I GIRLS	4800m	23:48	24:03	24:18	24:33
	5000m	24:48	25:03	25:18	25:33
	5200m	25:48	26:03	26:18	26:33
5 A Div II BOYS	4800m	19:27	19:42	19:57	20:12
	5000m	20:12	20:27	20:42	20:57
	5200m	20:57	21:12	21:27	21:42
5 A Div I BOYS	4800m	18:27	18:42	18:57	19:12
	5000m	19:12	19:27	19:42	19:57
	5200m	19:57	20:12	20:27	20:42

If five (5) runners (minimum) from a school qualify then the school is eligible to compete for the team championship and may bring a full team (7).

NOTE: Each school shall be limited to a maximum of seven (7) runners at the state meet regardless of the number of outside qualifiers (NFHS rule 9-5).

MEET _____ DATE _____

HOST SCHOOL _____

ALTITUDE _____ COURSE DISTANCE _____

ATHLETE _____ SCHOOL _____

OFFICIAL TIME _____

MEET DIRECTOR _____

Please fax: to Dean Visser @ 602-385-3781 or email: dvisser@aiaonline.org

Sanctioned Meets: Invitational, City, District & Region
FREQUENTLY ASKED QUESTIONS

Q: How many times must a runner beat the qualifying time?

A: Only once.

Q: How many runners need to qualify in order to bring a full team?

A: Five (5) When a school qualifies five (5) runners they can bring seven (7) to the State Meet but no more than seven (7). For example: (1) runner @ The Peaks, (2) different runners @ Ojo Rjo, (1) @ Los Mezquites (2) @ Ray Wherley, (1) @ Sue Fletcher. A minimum of five runners need to qualify.

Q: Can a runner qualify at a dual meet?

A: No only at an AIA Sanctioned Invitational, City, District or Region Meet.

Q: What if the course is shorter than or longer than a 5k?

A: Adjustments have been made for 4800 and 5200 meter as well as higher altitude.

Q: Is the time standard the same for Division I and Division II?

A: No each division has a different time based upon the average of that divisions 125th place finisher at the last four State Meets.

Q: How do I qualify my athlete?

A: Complete the QS form and fax or email it to AIA attention Dean Visser.

Q: Can I submit more than one name per QS form?

A: Yes the names and times need to match for verification purposes.