Cross Country Rules

A. Location: Oak Lake Park, 1st and Charleston St. Oak Lake Park is located 1 mile NW of Memorial Stadium. Take 10th St. north to Charleston St., turn left on Charleston. This will take you to the starting site. Both the Turkey Trot and the Cross Country Meet begin near the park entrance and end near the parking lot on the south side of the lake (see map on back).

B. Distance: Both the Turkey Trot and the Cross Country Meet are approximately 2 miles in length. The terrain is grassy and flat.

C. Entries: Participants sign up on site. Finishers are handed a place card as they cross the finish line. Finishers should complete the information on the front of the card and return it to the head finish judge before leaving the course. A valid UNL student ID must be presented at this time. Co-Rec teams must sign in as a team before running (1 male and 1 female constitute a co-rec team).

D. Scoring:
   1. Individual: The first male and the first female to complete the course and cross the finish line will be declared the winners.
   2. Team: The places of the best 4 finishers from an organization will be added to determine the team winner for the men's and women's portion of the event.
   3. Co-Rec: Times of co-rec teams will be combined to determine champions.

E. General Rules
   1. A UNL ID is required of all participants on site.
   2. Finishers who leave the course or do not follow it during the race will be disqualified.
   3. Runners may not physically aid other runners.
   4. Shoes with metal spikes are not allowed.

F. Awards: Intramural Champion T-Shirts will be awarded to the men's, women's, and co-rec champions.

G. Participants should be aware that there is a risk of injury in participation in intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural sports at their own risk.

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