

## Central District Cross Country – Team Seeding Procedure

1. Prior to the Seeding Meeting, Coaches will rank ALL teams participating in the District for their Division
2. At the beginning of the seeding meeting, attendance will be taken. Any team NOT represented will be placed on the seeding bracket last, after all other teams have been seeded
3. Teams will be placed on the brackets based on their seed, with the team with the worst (largest number) seed going on first. This will proceed until the number of teams qualifying from that Division to the Regional is reached (ex. 8 teams qualify to the Regional – proceed through the 9<sup>th</sup> team)
4. Should a Section of the Bracket fill – teams with Higher Seeds (lower number) may “bump” a team with a Lower Seed (higher number) from that section. At that time – the team with the Lower Seed may choose among the other sections (should there be more than one other section).
5. Upon reaching the number of qualifying teams – the Highest Seeded team (lowest number) will be placed on the bracket.
6. There is NO PASSING in Cross Country
7. Teams will continue to be placed on the bracket until all of the Seeded teams are placed
8. At that time – the teams absent from the meeting will be placed in the remaining open bracket lines. Should more than one section have openings, they will be placed in order from the lowest seed (higher number) into sections 1-2-3.