

Parochial Athletic League (PALS)
~Cross Country Guidelines~

1. Eligibility: Must be a parochial school from the central Missouri area, with the exception of the Columbia Track Club and the Ashland Optimist Club.
2. Participants must be in the 5th through 8th grade and meet school physical requirements.
3. Schools cannot be Missouri State High School Activities Association (MSHSAA) members in these grade levels in any sport. No one will be allowed to participate in both PALS meets and MSHSAA sponsored meets in the same year.
4. Rosters must be completed by the first official meet and submitted to the league coordinator.
5. No league fees will be assessed at this time. Teams hosting meets are responsible for providing awards of their choosing.
6. Race length will be 2500 meters or 1.5 miles.
7. Team scores will be kept for teams having at least five (5) runners. Tie scores will go to the sixth (6th) runner.

League Coordinator: John Reinkemeyer (St. George School-Linn)
943-6778 (home) or 690-3463 (cell)

See PALS website (www.jeffcitypal.com) for copy of cross country guidelines and schedule.