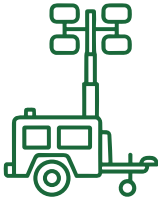




Night Meet 101

OHSAA CROSS COUNTRY



LIGHTING

Running under the lights is an exhilarating experience for Cross Country athletes; however, running under the lights does not mean running in the dark. Adequate lighting is essential to a safe and fair night meet.

Lighting should be bright enough to ensure that athletes can see **at least 7 meters ahead**. This ensures that runners can see all ground obstacles, officials can monitor the race for interference, spectators have a clear view of the race, and athletes can make strategic race decisions.

While all NFHS rules related to course markings apply, that does not mean you can't get creative in what you use to mark the course.

- Use glow-in-the-dark spray paint to mark all tree roots and hazards.
- Use glow-in-the-dark striping paint to mark the course.
- Use string lights to replace rope lines, in addition to overhead lights.
- Place solar yard lights on top of cones and pylons.



COURSE MARKINGS



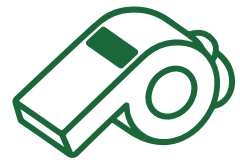
UNIFORMS

With school approval, athletes can enhance their experience while remaining compliant with all OHSAA & NFHS uniform rules.

- Glow necklaces and bracelets would be considered jewelry and therefore are legal if worn.
- There is no prohibition on body paint, provided it is not unsporting; therefore, athletes could use glow-in-the-dark body paint.
- The color of foundation/under garments continues not to matter.

Officials do not have the ability to waive rules.

- The Referee **MUST** ensure the course has proper illumination. This means they will need to inspect the course after dark.
- Lead carts must have front and rear lighting.
- If the meet plans to use an alternate starting method, they must have a waiver from the OHSAA (*effective 2027*).
- Officials are permitted to wear jewelry, including glow necklaces and bracelets, but they cannot alter their officiating uniforms.



OFFICIATING

Night meets are great for the sport; they add a ton of excitement & fun!
However, they must be done in a safe & fair manner for all.

This resource document has been created to help coaches and officials understand the needs of night meets and ensure they are conducted in a safe, fair, and fun manner.

If you have questions, please contact BJ Duckworth @ bjduckworth@ohsaa.org