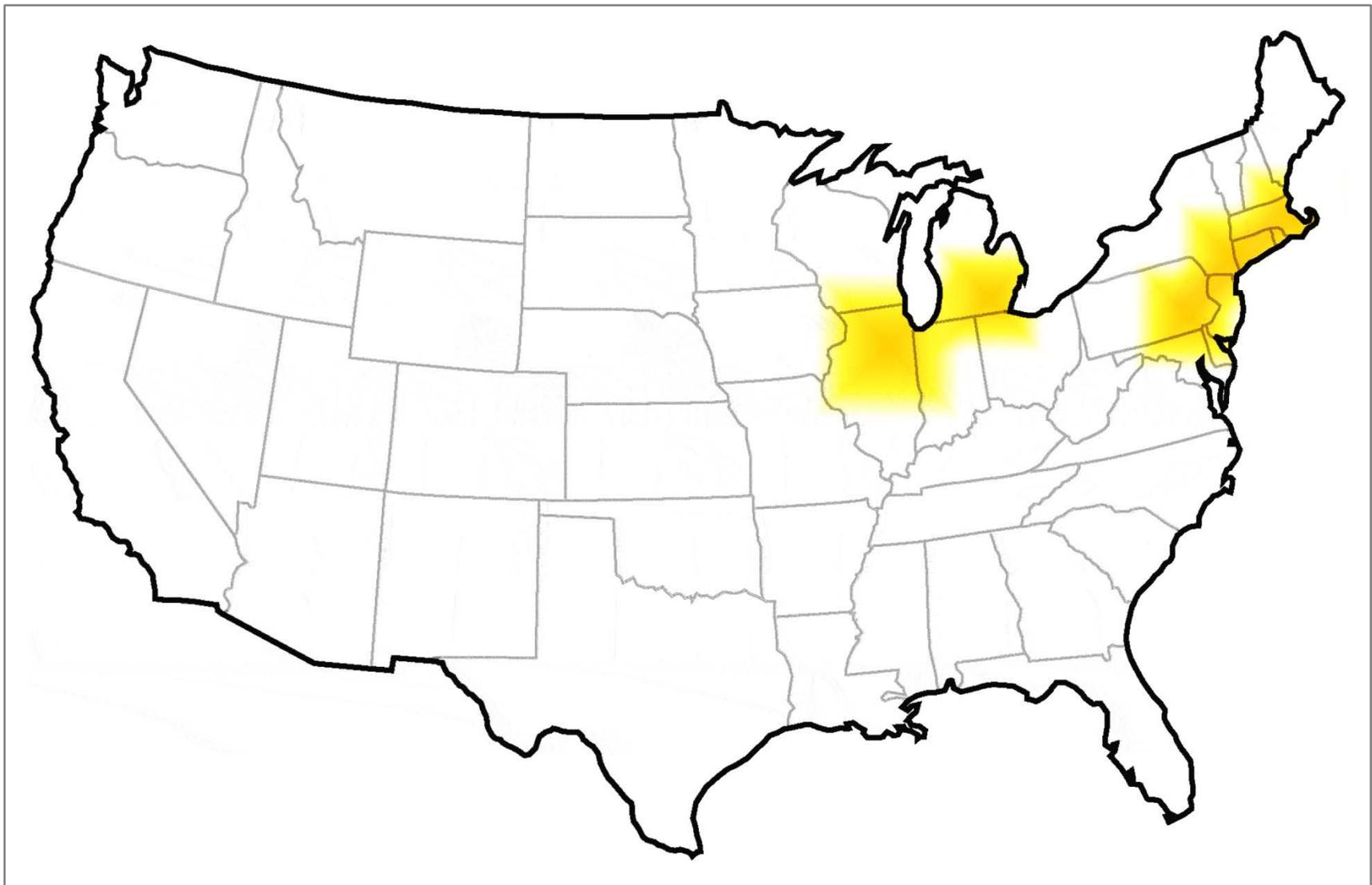




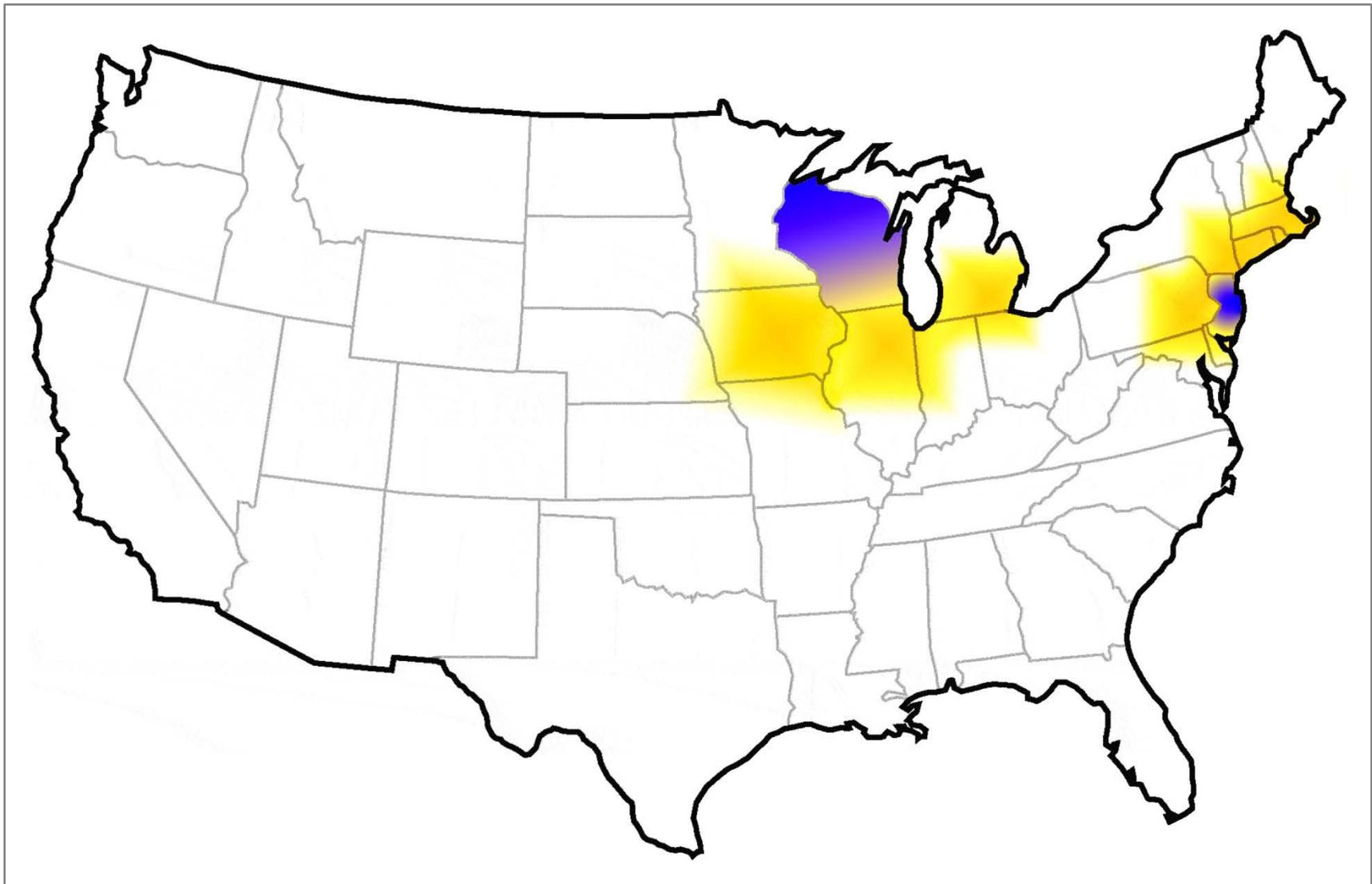
The Spread of High School Cross Country in America



1900 - 1910



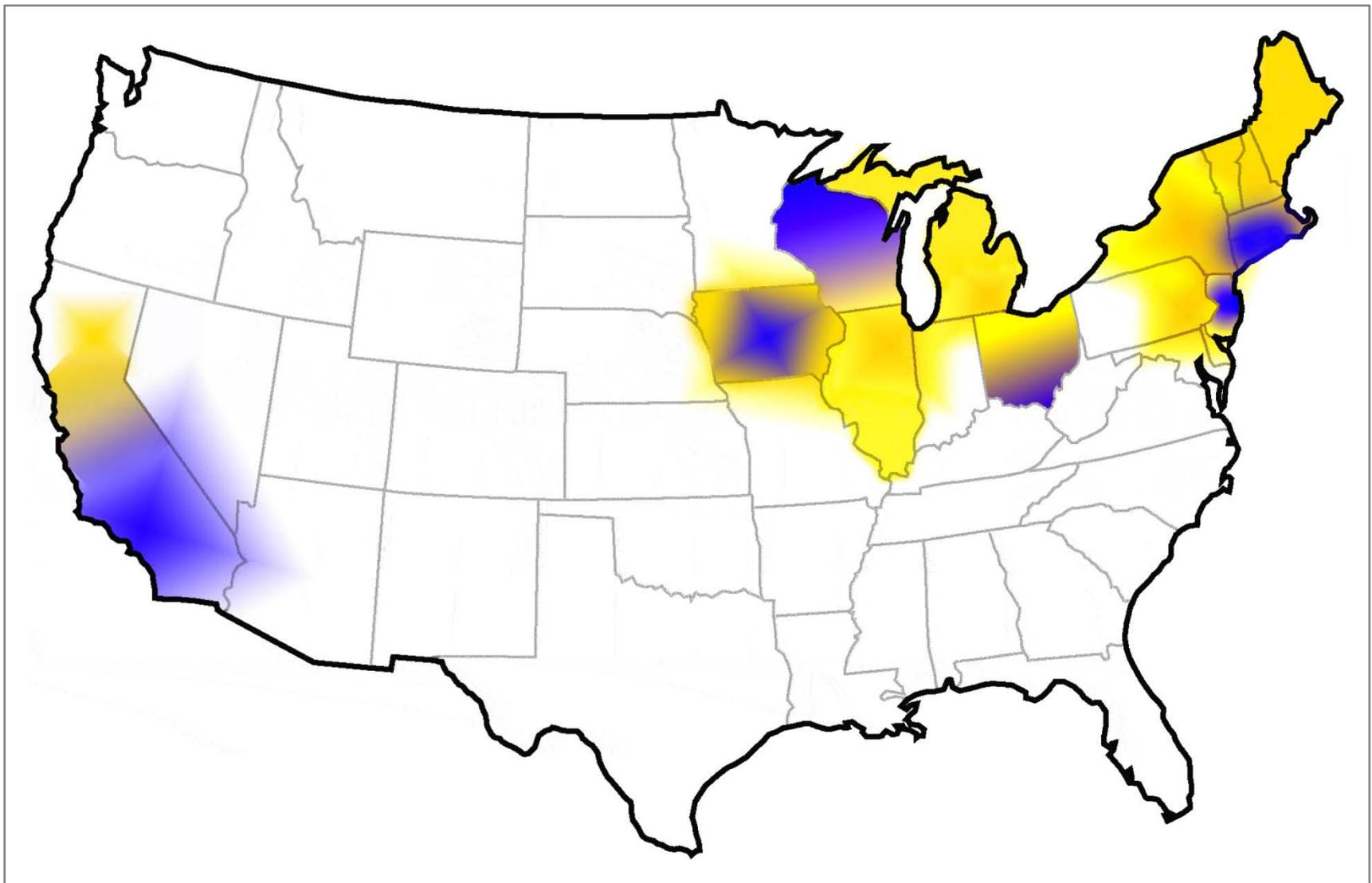
Sports organizations at secondary schools began in the 1890s. But public education was conservative, and schools did not feel the full impact of popular enthusiasm until after the turn of the century. During this time, students began taking their playground activities off the schoolgrounds and scheduling games with nearby rivals, either teams of other schools, "town" teams, or, more often still, "school-and-community" teams. Faculty attitude in the secondary schools followed the pattern set by college faculties: in the beginning, opposition; next, tolerance; finally, encouragement and control. Eventually, high-school executives began forming local leagues which, limited by poor transportation, could only include nearby schools. City high schools in the oldest parts of the country were the first to organize interscholastic athletics. According to Cozens and Stumpf in their book *Sports in American Life*, the New York Public School Athletic League was organized in 1903 and "served as a pattern for the formation of other city school athletic organizations. Seventeen cities are reported to have formed similar leagues." Trinity School sponsored the first secondary school XC meet in New York's Interscholastic League in 1898. From there, University of Pennsylvania hosted the "American Interscholastic Cross-Country Meet" for secondary schools in 1903—and by 1908, Cook County near Chicago hosted a team and individual XC Championship with five schools.



1910 - 1920



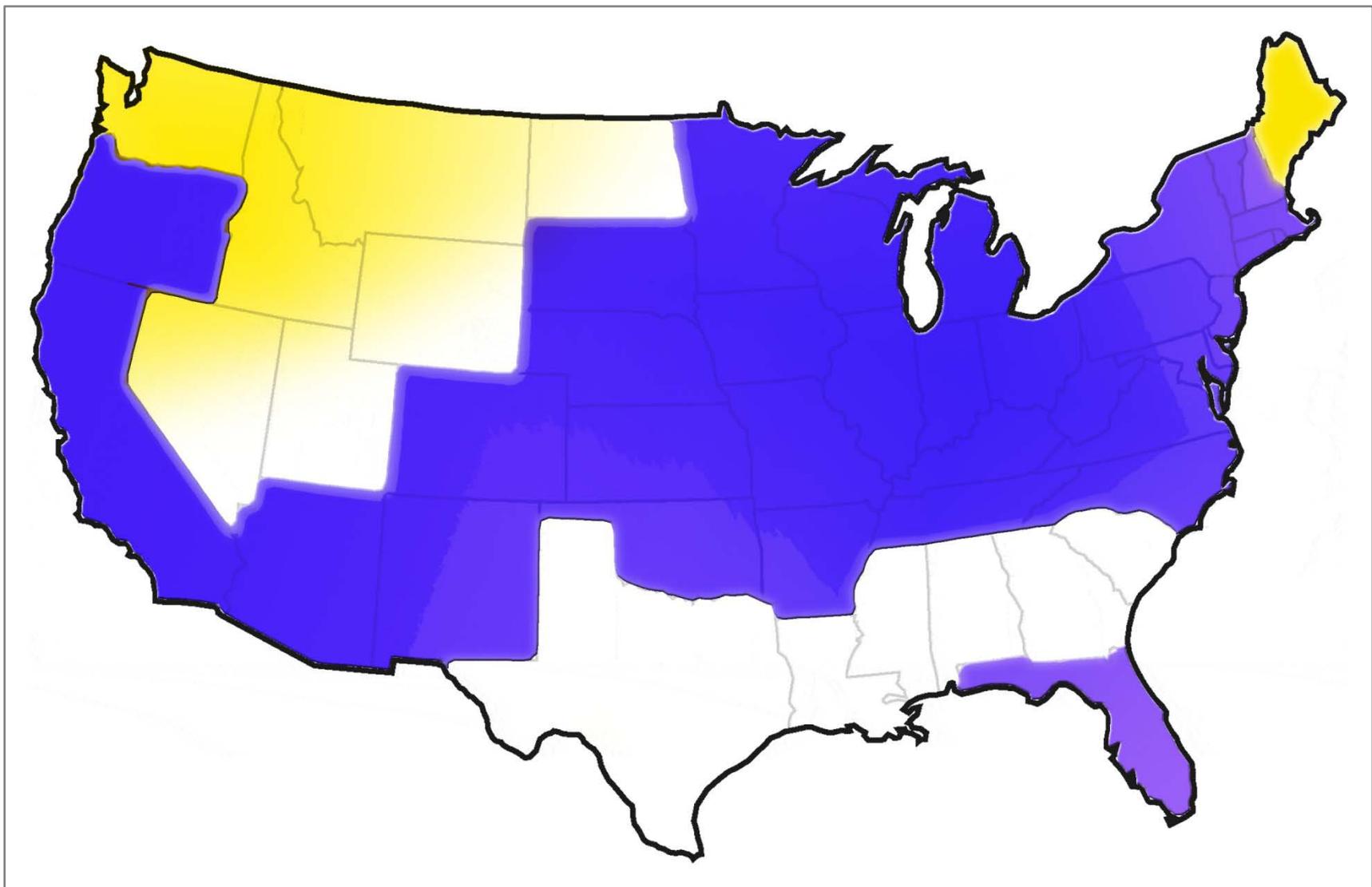
By 1911, Detroit Area High Schools fielded cross-country teams for the first time—while in Massachusetts, “The Mystic Valley Cross Country Run for Schools” became the first organized High School XC competition on record. In 1913, Wisconsin became the first state to formally recognize Cross Country in a sanctioned championship, when the first WIAA State XC Meet occurred at Milwaukee Teachers College. New Jersey followed next in 1919, when the first NJSIAA XC State Championship took place. Also on the East Coast, Cornell University, which was following in the footsteps of Yale, Brown and Princeton, was also holding their own interscholastic championship during this period. The four mile course, which started at Schoellkopf Memorial, had about 100 athletes participating from local-area secondary schools. By 1914, in preparation for the N.E.I.A.A Cross-Country Championships, a new cross-country course was established in Boston’s Franklin Park. On November 12, 1914, the *Boston Globe* published the first 4.8 mile course map. In New York, more than 20,000 people showed up to view what many consider to be the first cross-country race for secondary schools at Van Cortlandt Park in 1913, according to an article in the *New-York Tribune*, but when local history buff and cross-country connoisseur Tom Carey set out to do his own homework on the subject he found *New York Times* articles describing cross-country races as far back as November and December of 1912.



1935



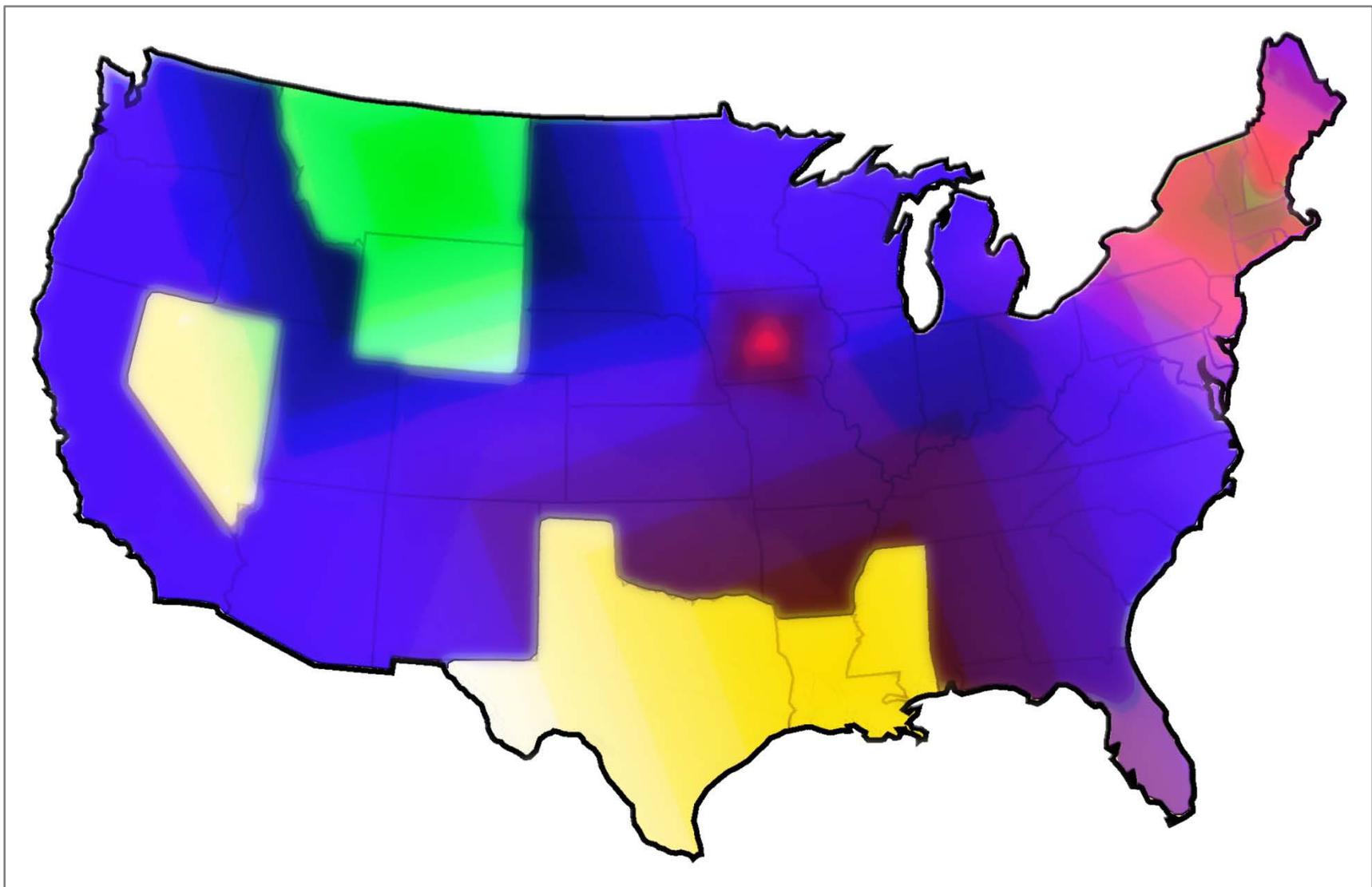
Iowa transitioned from a “State Open” XC Invitational held at the University of Iowa to a sanctioned state XC meet in 1930, becoming the fourth state to sanction a state meet behind Ohio in 1928. Connecticut and Rhode Island soon joined their ranks when each state sanctioned state-level XC championships in 1932. In 1935 the first high school cross country invitational for the Northern Section of California takes place in Linden, California, while within a year in the southern section of the state, the CIF Los Angeles City Section is formed, and they host their first XC championship. Also in 1935, the first New England Schools Championship is held at Franklin Park. This race was won by Fredrickson from Arlington High School.



1960



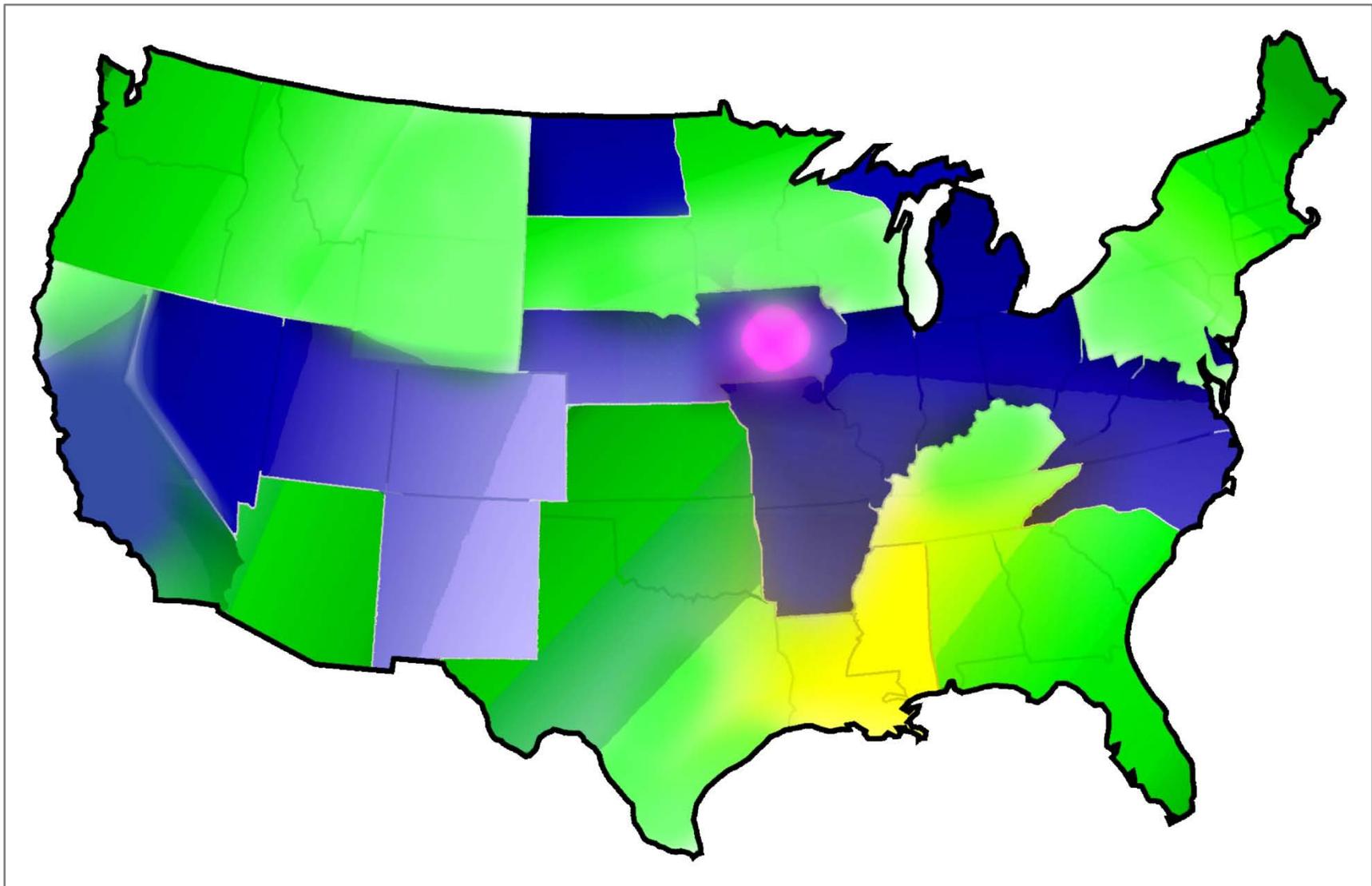
Prior to 1950, Vermont, Virginia, Missouri, and Oregon each sanctioned state-level competition for cross country. Idaho State College also began sponsoring interscholastic XC meets in 1948. In 1950, New York State finally sanctioned their own cross-country championship after years of impromptu interscholastic invitationals determining top state teams. Colorado, Maryland, Georgia, Kentucky, and Delaware also landed their own state championships for XC prior to 1955. In 1955, California ran a limited “North State Championship”—while in Minnesota, regional qualifiers came into place for the first time for state-qualifying competition. Arkansas and Arizona also featured state-level competition during this time. Alabama, Kansas, and North Carolina soon followed with state-level cross country championships of their own. West Virginia, Washington State, Nebraska and New Mexico each also add championships by 1960. While to this point, competition for girls in high school was nonexistent. Independent leagues for certain sports were sporadic at best, however in distance running female competition was generally disallowed.



1971



Significant progress is made toward the sanctioning of the sport in Tennessee (1960), North Dakota (1961), Idaho (1964), Maine (1964), Montana (1964), and Hawaii (1965). Iowa becomes the first state to honor cross-country state-level competition for girls, when the Iowa Girls High School Athletic Union officially sanctions an XC state meet for girls in 1966. In 1968 the AHSAA merges with the Alabama Interscholastic Athletic Association—the AIAA had previously governed athletics at segregated African-American schools. In 1971, Massachusetts, Vermont, Rhode Island, and Montana each sanction state-level cross country competition for girls, while in Utah, boys state-level competition gets sanctioned for the first time. Competition is also featured in Louisiana and Mississippi for the first time in 1970.



1977



Nevada, Texas and Wyoming begin hosting state-level competition for boys in cross country by 1973. New Jersey, Washington State, Alabama, Alaska, some sections of California, Connecticut, Hawaii, and Massachusetts all open state-level competition up to girls by 1973 as well. On the eve of Title IX passing, 16 states follow suit by 1977. Maryland, Minnesota, New Hampshire, New York, Oklahoma, Tennessee, Texas, Wisconsin, Wyoming, Georgia, Kentucky, Arizona, Maine, South Dakota, South Carolina, and Kansas all allow girls to compete in state-level cross country competition for the first time. Iowa continues to host a separate girl's state cross-country meet at the championship level. It will be two more years until they integrate this meet. Within ten years every state in the U.S. will host an integrated state-level championship for cross-country running at the high school level, available for both boys and girls. In 1987 California becomes the final state to sanction a state meet. As late as 2012, ten states offered varying distances for girls and boys championship races. This has been changing slowly over time.