

MIDDLE SCHOOL CROSS COUNTRY

Teams will consist of 6th-8th Grade Athletes

- Grades 6-8 will run the 1600m for the first competition.
- For the remaining competitions, Grades 6-8 will run 2500m.

Information/Guidelines

- Coaches must provide and maintain accurate team records for all athletes.
- Rosters must be submitted one week prior to the first meet.
- Athletes will be assigned a race number that must be written on hand with a marker with the bottom of the number towards the knuckles.
- Athletes should use the practice times to make sure they are physically able to complete the races each week.
- As runners cross the finish line, race personnel will make sure times and places are recorded.
- Elementary cross country runners are involved with this meet and will compete after the middle school races beginning the 2nd meet of the season.

ATHLETIC DEPARTMENT RULES

- All athletes, coaches and parents should demonstrate EXCELLENT sportsmanship at all times
- No sideline coaching from parents or spectators will be tolerated
- Parents will need to arrange transportation home for their child from HOME games. On AWAY games, busing will be provided to bring the athletes back to their home school. Athletes will be able to ride home with their parents from AWAY games ONLY if they have signed their son/daughter out with the coach and/or athletic director.