

## **Frequently Asked Cross Country Questions**

**Parents: Please read below. These are some common questions that are asked to us that will help you understand Cross Country if this is something new to you and your child. We appreciate all of your support and we look forward to coaching your child and watching them compete.**

**Thank you!!!**

**-Coach Miller and Coach Tinsley**

### **1. What are the distances of the races?**

Most races are 2 miles for everyone, with the exception of our first race. Typically, with our first race, 7th graders run 1 mile. If the temperature on race day is extremely hot, race distance may be shortened.

### **2. How many practices are needed before an athlete can race?**

Cross Country runners are required to have 12 days of practice with the team prior to participating in a meet. The primary reason is concern about heat acclimatization and hydration awareness.

### **3. How many meets can an athlete participate in during a season?**

No student shall participate in more than seven (7) meets during a season.

### **4. Is jewelry allowed?**

Watches may be worn. Any medical or religious medallions that must be worn by an individual must be taped to the body. Hats are prohibited. We don't want the kids wearing necklaces during their races.

### **5. How is a Cross Country Meet Scored?**

That's simple, the lowest score wins!!! Each race will be different in the fact that there will be a different number of schools and total runners, but the scoring process is the same. A meet is scored by adding up the finishing place of a team's top 5 finishers, even though a team may have more than 5 runners competing. For example, see below Team A and Team B's placers:

**Team A**Runner 1 – 1<sup>st</sup> placeRunner 2 – 3<sup>rd</sup> placeRunner 3 – 10<sup>th</sup> placeRunner 4 – 12<sup>th</sup> placeRunner 5 – 22<sup>nd</sup> place**Team B**Runner 1 – 2<sup>nd</sup> placeRunner 2 – 4<sup>th</sup> placeRunner 3 – 6<sup>th</sup> placeRunner 5 – 18<sup>th</sup> placeRunner 5 – 27<sup>th</sup> placeTeam A Team Score =  $(1 + 3 + 10 + 12 + 22) = 48$  pointsTeam B Team Score =  $(2 + 4 + 6 + 18 + 27) = 57$  points**Team A WINS because they have a lower score.****\*If there is a tie in score, the 6<sup>th</sup> place runner for each team will be used as a tiebreaker.****6. Cross Country Terminology**

- a. **Cool-Down** – cool the body down after a race with jogging and/or light stretching
- b. **Course** – the marked layout/measurement of the race
- c. **False Start** – leaving the starting line before the gun sounds
- d. **Finish Chute** – a rope bordered funnel past the finish line that moves runners into their single file order of finish
- e. **Invitational Meet** – multiple teams competing
- f. **Kick** – burst of speed/usually at the very end of the race
- g. **Pace** – running speed/tempo
- h. **Pack** – group of runners running together
- i. **PR (Personal Record)** – best time on a specific course or at a specific distance
- j. **Push-Up** – catch the runner ahead of you
- k. **Starting Box** – area where time is assigned to start the race
- l. **Straights** – build up runs done at the starting line as a way to warm up before the race
- m. **Warm-Up** – stretching routine

**7. What do we do at a Cross Country Meet?**

- When you get to the meet, find us at our tent. Offer words of encouragement to your child. The athletes will get a bib number that they will fasten to the front of their jersey. You may help them with this. Some meets will assign tracking chips that are attached to the runners shoe. They will then walk/jog the course as a team. Parents, you **ARE NOT** allowed on the course.

- Find the start and finish line and look for the best places where you can see as much of the race as possible.
- During the race, move about the course cheering on **ALL** the members of our team as they pass on the course. However, you need to stay off the course and out of the runners way. Contact with your child will disqualify them from the race.
  - You are encouraged to bring your own stopwatches/phones to keep track of your child's unofficial time.
- When your child finishes their race, give them space to cool down. Water is the best liquid for after a race. **DO NOT** go to meet officials at the finish line and ask what time or place your child got. We will tell the kids their official times and places at the next practice when the results are emailed to us. Some will be made available online immediately after the race.
- There are 4 races each meet, (7<sup>th</sup> grade girls, 7<sup>th</sup> grade boys, 8<sup>th</sup> grade girls and 8<sup>th</sup> grade boys). You can sign your child out and take them with you after the 8<sup>th</sup> grade boys race. The coaches will have the sign out sheet at the tent. We want the kids supporting their teammates when they are not racing, and as coaches we want to watch the other kids compete as well. You may only take your child home.
- If your child rides on the school bus home after thee meet, we will leave after the awards ceremony after the last race and your child will call you when we are 15 minutes away from school so you can be there on time to pick them up.

**8. Who will run in the Centennial League Meet for the last race of the season?**

The coach will decide the Top 10 runners from each grade/gender to compete in the race.