

Parent's Guide to Cross Country

What is Cross Country?

Cross Country consists of running 5 kilometers (3.1 miles) over various terrains such as parks, school grounds, golf courses, etc. Seven runners make a "team", with the first 5 finishers scoring. The beauty of cross country is also that there are no bench-warmers, everybody runs in every meet (with the exception of Sectionals and State). **All athletes who make the time trial and attend all practices will run.** (2 mile Guys -18:00, Girls-20:00) In dual meets everybody runs in the same race and in invitationals there are Varsity, Open (JV), and Freshman races. (Some meets have other categories)

How do you keep score at a Cross Country Meet?

The scores of cross country basically consist of adding up actual finish places of your first 5 runners. In cross country, as in golf, **the lowest score wins**. For example if our runners finished as follows;

	Basha	Perry
Place	2	1
	3	4
	6	5
	7	11
	<u>8</u>	<u>12</u>
Total	26	33

BASHA WINS!!!!

It is also important to point out that the 6th & 7th runners in the race can be very important. They serve as "displacers", which means they have the potential to move back or "displace" other team's scoring runners. Which in the example above is exactly what happened and allowed Basha to win by our "displacers" finishing 9th & 10th in the race.

How to watch a meet

Check the website for course maps. When you arrive at the meet a coach may be able to direct you to the best spot to watch. Depending upon the course you should expect that for the most part you would not be able to directly observe your son/daughter the entire race.

It is strongly encouraged, as you might expect, that you cheer your son/daughter and their teammates during the race. It should be pointed out that **a spectator/sibling/coach running alongside a runner could lead to their disqualification.**

At the finish line of some races, the runners file through a finish chute receiving a finish place ticket (or sticker) to be returned to the coach. It is OK to greet your son/daughter but these cards must be turned in promptly to the coach so that the team score can be

tabulated. Please do not walk away with your son/daughter because they are upset or feeling ill after the race without making sure one of the coaches has the finish cards and knows the whereabouts of the runner. All athletes should return to the team tent after their race.

Parent's Role

Parent's serve as a major source of support especially in cross country. Cross country, as you may know, does not receive the attention and fanfare of many of the other sports. Parents can help the program in many ways such as providing post-race "treats"/drinks and in general serving as "cheerleaders" for their son/daughter and their teammates during races. The runners have also enjoyed pasta parties at different houses during the season. If you would like to team up with another family for this, the kids always enjoy this. We welcome any assistance you may feel you can provide. We look forward to meeting all of you and especially working with your son/daughter this season.

Practice Standards

Athletes are expected to have the required items every day. Please bring appropriate running shoes, watch with stopwatch capability, water bottle, etc. A yoga mat or large towel will be helpful for exercises. Additionally, we expect effort and a great attitude from every runner.

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Stay informed

Website: bashaathletics.com

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HUB-Announcements, Forms (Practice time calendar), Links (*Cross Country Meet Info, *Results/Splits)

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