



**Cross Country is a distance running event in which all kids competing run 1.5 miles. The meet format varies, most of the meets have J.V. (4-6grade) and Varsity (7-8grade) for both boys and girls, while some races run by grade level races.**

**Scoring for a meet involves adding the places of the top 5 runners from each team to get a team total. Lowest score wins the meet. Cross Country meets are not run on an oval track, they are typically held at parks, or around schools on grassy and wooded areas. Sometimes meets are even held on golf courses. Many times hills and rough terrain are involved. Flags and chalk lines are used to mark out the course, to let runners know which way to go.**

**Cross Country is much a spectator sport, and we encourage all parents and fans to attend the meets.**

**NOTE: Running alongside a runner during a race to pace them or encourage them is considered illegal.**

**EACH Cross Country athlete is expected to:**

- **Be dressed and ready to practice**
- **Always wear proper clothing for weather conditions. Remember Wisconsin weather is unpredictable. We go outside 99% of the time and note, races aren't cancelled for inclement weather. This is Cross Country mud is our friend.**
- **Be positive and treat others as you would like to be treated**
- **Be competitive at practice, and always give an honest effort in workouts and races**

**Equipment needs:**

**Good Training shoes (No leather basketball shoes)  
T-shirt, shorts, sweat top and pants, long sleeve t-shirts  
(Weather permitting - turtle necks, gloves, hats)**

**POSITIVE ATTITUDE!!!**