

North Cow Creek Cross Country

Race Distances:

K-1: 400 meters (1/4 mile)

2-3: 800 meters (1/2 mile)

4-6: 1600 meters (1 mile)

7-8: 3200 meters (2 miles)

Practices on Tuesdays will be appropriate for each level and distance. Students in grades 4-8 will have longer practices due to longer race distances. Because we will only practice as a team one time per week, it is important that the athletes practice at home whenever possible. This is especially important for the 4-8 students who are running 1 mile or 2 miles. We will discuss this more with the athletes at our practices.

Race Times:

All athletes should be to the race location no more than 20 minutes prior to the race (there will be a lot of traffic so please try to car pool!). K-3 races start at 5:30. For K-3 families, arriving more than 20 minutes early will make it difficult to park as half of the schools race at 4 and will be finishing up around 5. They will be hopefully gone before we arrive to make parking easier and less crowded.

Races will start at 5:30 for Kinder Girls and are immediately followed by Kinder Boys, 1st grade girls, 1st grade boys, 2nd grade girls, 2nd grade boys, 3rd grade girls and finally 3rd grade boys. There is no specific time slot like for the older grades because they need some flexibility with the younger kids to ensure that the course is clear. Races are usually about 10 minutes apart so your child needs to be ready to go at 5:30.

For the 4-8 athletes, they will also need to arrive 20 minutes prior to their own race time for check-in and warm-ups.

4:00 pm: 4th grade Girls

4:15 pm: 4th grade Boys

4:30 pm: 5th grade Girls

4:45 pm: 5th grade Boys

5:00 pm: 6th grade Girls

5:15 pm: 6th grade Boys

5:30 pm: 7th grade Girls AND Boys

5:50 pm: 8th grade Girls AND Boys

Race Procedures:

When you arrive to the race location, you will need to check in with the coach at our team area. We will most likely have a pop-up set up with a NCCS banner of some type. When you check in, you will get your race sticker (k-3) or number (4-8). The sticker, which includes the athlete name, age, gender and school is worn during the race and the officials take the number off when you finish the race and cross the finish line. They keep the tag and put them in finish order. For 4-8, the athletes will have a number and the officials will take a tag off the number as they cross the finish line. They will be taking a time for each athlete and the overall finish places will be posted after the race. We may need a few parent volunteers to record the athlete times as they cross the line.

When we line up at the starting line, there are **NO PARENTS ALLOWED** in this area. The coach will line up the athletes into two lines, the fastest runners as determined by the coaches, will be in the front (for safety reasons).

Team Fees and Uniform:

The fee for the race entries **and** a team shirt will be \$20 for K-3 and \$21 for 4-8. If you participated last year and would like to use the same shirt, that is fine! If your child needs a new shirt or a different size, fill out the order form. The race fees **without** a shirt are \$5 for K-3 and \$6 for 4-8. We will wear the team shirts as our uniform at races. Please get your shirt orders in to one of the the coaches or Andrea Cipparrone as soon as possible. If you need financial assistance, please contact the coach.

Team Rules:

All athletes are expected to be present and participate at practices. If the athlete will be absent, please notify the coach. Athletes are expected to show up ready to run and with good attitudes! Any rude or disrespectful behavior will not be accepted and athletes may be asked to sit out. If poor behavior or disregard for the rules continues, the athlete may be removed from the team.

Coaches are volunteers so parent help and support is appreciated! If you have a child in K-3, we will need extra supervision at practices and meets. If you are available, please let the coaches know! Thank you!

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NCCS Cross Country Shirt Order Form

Student shirts are included in their \$20/21 team fee. Additional shirts (for family members or replacements) are \$15.

Athlete Name: _____

Parent Name: _____

Shirt size: Youth Small _____ Youth Medium _____ Youth Large _____

Adult Small _____ Adult Medium _____ Adult Large _____

Women's Small _____ Women's Medium _____ Women's Large _____