

Guide to Cross Country Meets

A great thing about cross country (aka CC or XC) is that **everyone competes!** Everyone runs the same course, and although the first 7 runners to finish are considered a scoring team, all runners entered in a meet get to participate. There are **no cuts** in our sport and **no bench** to sit on and watch while others play!

Guiding principles:

- Every runner contributes.
- To strive for excellence is as worthy as achieving it.
- Everyone can reach for their personal best.
- We can have fun, train hard, and race well.

Scoring

A cross country meet is scored by each team adding up the places of its top 5 finishers. The low score wins. For example, a team that scores 26 points places ahead of a team that scores 29.

<u>Lansing</u>	<u>Trumansburg</u>
1	2
4	3
5	7
6	8
10	9

Score 26	Score 29

Lansing Wins!

A team's 6th and 7th place finishers can also figure into the scoring if they place ahead of the other team's top 5 finishers. When that is the case, they become "pushers" by pushing up their opponents' scores. Only a team's 6th and 7th finishers can be "pushers," regardless of how many of its runners may finish ahead of an opposing team's top 5 finishers.

Watching a Cross Country Meet

When you arrive at a meet, ask us to see a map of the course (there often will be one posted in the team tent or near the team med bag). Locate the start and finish, and try to scout central points where you can see as much of the race with as little moving around as possible (but wear comfortable shoes – cross country spectating involves walking (or running) around!)

Do not expect the attention of your son or daughter once we get to the meet. The athletes need time to warm up on the course, be briefed by their coaches, and prepare for the race with their teammates.

During the race, you can move from point to point along the course to cheer the runners as they pass. Be careful, however, to stay off the runners' path and out of their way. Rules also forbid running alongside a competitor to pace or encourage him or her.

At the finish of the race, runners file through a finish chute. It's alright to greet them then, but they may have to turn in a place card to their coach ASAP so scores can be tabulated. Our runners have responsibilities after the race. We expect them to jog and cool down as a team and actively support their teammates who have yet to race.

Once a meet is over: if an athlete is not traveling home on the team bus, a parent **MUST** check out their son/daughter with a coach. Travel with anyone other than the athlete's own parent is not

allowed unless written permission has been given and clearance granted by coach and athletic department.

Also, athletes cannot typically leave right after their race is over, unless they have a pressing commitment (band competition, ACT or SAT, etc). We often after information to provide afterwards, and we want everyone to stay to support their teammates.

Parent Involvement

This program is a lot of fun to be around. Please make the time to be with our team and make yourself known to the athletes, coaches, and other parents. Those who have been involved over the years have always walked away with many positive memories! Cheer for your own child, for their teammates, and for other runners on the course. Every athlete on the course has demonstrated courage to start, strength to endure, and a resolve to finish. Get inspired and get excited to root for them!

THANK YOU for taking the time to join us at meets. We can't wait to see you there!