



2017 Youth Cross Country

Program Information

Every Thursday starting at 4:00 PM
9/21 (Practice Meet), 9/28, 10/5, 10/12, 10/19
Ribbon Meet: 10/26

Distances

K & 1st ¼ Mile

2nd & 3rd ½ Mile

4th & 5th ¾ Mile

6th Grade 1 Mile

7th & 8th 2 Miles

Where/When

Riverbend Park: Bear Rock Pavillion (to the left of the splash pad). Running events will start at 4:00PM sharp, please have runners warmed up and ready to run by 3:45PM.

Volunteers

Each school must provide two volunteers per 15 participants; if your school has less than 10 kids participating only one volunteer is required. Volunteers will help coordinate the event by timing runners and standing along the route to ensure runners are running the correct path.

Process

Each runner will receive a runner's bib that he/she must wear during the race (and for the entire season). Runners line up at the starting line, depending on the size of the age group we may have 1-4 different heats per age group. Boys and girls will run in separate heats. Volunteers/parents are responsible for getting the times of their runners and will then report to the FRRPD staff member who will then record times for the appropriate runners.