



# 4-8TH CROSS COUNTRY

## TEAM BREAKDOWN

### 6-8th "VARSITY" & 4-5th "JV"

- All 6-8th graders will be on the Varsity team and 4-5th graders on the JV team.
- Given logistics, we cannot accommodate athletes switching the days they practice on, since JV and Varsity have designated practice days and plans.

## PRACTICES

### BEGIN 3rd WEEK OF AUGUST

- 6-8th Grade - Tuesdays/Thursdays 3:45-5:00pm
  - Athletes begin/end at SHS and run down to the Lakefront path
- 4-5th Grade - Mondays/Wednesdays 4-5:15pm
  - Location TBD

## MEETS & UNIFORMS

### MEETS IN SEPTEMBER AND OCTOBER

- Meets can be weekdays after school and/or on the weekends.
- Our schedule is built based on invitationals we receive, as well as local schools who host their own event. We work to schedule meets that will give runners of all age levels and experience opportunities to compete in inter-scholastic competition. Not all runners will participate in every meet due to coach's discretion for rest between meets and other considerations.
- Runners are required to set their availability for meets on TeamSnap.
  - Registration deadlines will be enforced in order to participate in each meet.
- JV and Varsity Runners will be provided with a dri-fit shirt/singlet.

## IESA & POSTSEASON

### IESA SECTIONALS AND STATE

- 5-8th graders are eligible to participate in IESA Sectionals and State
  - Runners will be selected by their coaches based on a variety of factors.
- Up to 6 Academy and 6 Hardey runners will be chosen to represent our school's IESA teams.
- Sectionals are in mid-October; State is the week after (if any individuals or teams qualify).



**SCAN HERE FOR IESA RULES AND CALENDARS**