



Middle School

Hybrid Cross Country

Season: September 25 – October 25

Race schedule:

- Wednesday, October 4, 5:30 @ Garry Berry Stadium (2020 Glen Summer Rd)
- Wednesday, October 11, 5:00 @ Holmes (2455 Mesa Rd)
- Wednesday, October 18, 2:30 @ Monument Valley/Palmer JV Meet (205 Fontanero St.)
- Wednesday, October 25, 5:00 @ Jenkins (6410 Austin Bluffs Blvd)

Race Distance: 2400 – 3200 Meters

Race Format: A-race girls, A-race boys

Team Scoring: Team score is based on the first five finishers from each team, teams must have at least five finishers to get a team score.

Individual Placing: place ribbons for the top ten finishers in each race.

Cost: \$15

Who should run XC and why: Are you looking for a fun and challenging way to stay active and make new friends? Joining the Holmes Middle School Cross-Country team might be your perfect opportunity! As a member of the Holmes Middle School team, you can improve your fitness level, set personal goals, and compete against other schools in the area.

Cross-country running is a great way to improve your physical fitness and a social activity that can help you develop new friendships and a sense of camaraderie with your teammates. You'll have the opportunity to work together to achieve team goals and support each other through the ups and downs of training and competition. So why not give cross-country running a try?

All D11 Middle schoolers can participate. You can participate as an independent runner and qualify for individual awards or on a team!

Practices: Each School will develop their own practice schedule. Holmes Middle School will use the TeamSnap App to communicate with parents about practices, meets, and announcements. Please contact andrea.friesema@d11.org to sign up for TeamSnap.