

2024 Cross Country Schedule

Coaches Ms. Renth and Mrs. Sagara

Updated 7/29

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Sat, Sun, Mon	Tuesday	Wednesday	Thursday	Friday
<u>Aug. 17-19</u>	<u>20</u>	<u>21</u> Informational Meeting @ 2:20 in UP9	<u>22</u> 2:20-3:20	<u>23</u> 2:20-3:20
<u>Aug. 24-26</u> Buddy Run 20 Minutes	<u>27</u> 2:20-3:20	<u>28</u> 2:20-3:20	<u>29</u> 2:20-3:20	<u>30</u> Buddy Run 20 Minutes
<u>Aug. 31 - Sept. 2</u> Buddy Run 25 Minutes	<u>3</u> 2:20-3:20	<u>4</u> 2:20 - 3:20	<u>5 Meet #1 @ Twelve Bridges</u> Arrive 3:30	<u>6</u> Buddy Run 25 Minutes
<u>Sept. 7-9</u> Buddy Run 30 Minutes	<u>10</u> 2:20 - 3:20	<u>11</u> 2:20 - 3:20	<u>12 Meet #2 @ ACMS</u> Volunteers arrive at 3:00 Athletes arrive at 3:30	<u>13</u> Buddy Run 30 Minutes
<u>Sept. 14-16</u> 16- No School	<u>17</u> 2:20 - 3:20	<u>18</u> 2:20 - 3:20	<u>19 Meet #3 @ Eich</u> Arrive 3:30	<u>20</u> Buddy Run 30 Minutes
<u>Sept. 21-23</u> Buddy Run 30 Minutes	<u>24</u> 2:20 - 3:20	<u>25</u> 2:20 - 3:20	<u>26 Meet #4 @ Silverado</u> Arrive 3:30	<u>27</u> Buddy Run 30 Minutes
<u>Sept. 28 - 30</u> Buddy Run 30 Minutes	<u>1</u> 2:20 - 3:20	<u>2</u> 2:20 - 3:20	<u>3 Meet #5 @ Cooley</u> Arrive 3:30	<u>4</u> No Practice
<u>Oct. 5-7</u> Buddy Run 30 Minutes	<u>8</u> 2:20 - 3:20 *if qualified	<u>9</u> 2:20 - 3:20 *if qualified	<u>10 Finals Meet @ Springview</u> Arrive 3:30	<u>11</u>
<u>Oct. 12-14</u>	<u>15</u> Team Party! Meet in NP9 At 2:20			

Air Quality, Smokey Skies and Practice or Meets

Health & Safety are #1, adjustments will be made daily based on sparetheair.com

FOOTHILL INTERMEDIATE SCHOOLS ATHLETIC LEAGUE CROSS COUNTRY RULES The following will be used at all F.I.S.A.L. Cross Country meets:

- Distance 1.5 miles

No heckling or trash talking at any time. Person/people will be removed immediately from the F.I.S.A.L. event.

- Regular season would consist of 5 scheduled meets (not necessarily in Divisions) Ribbons and Medals for Finals - Medals for 1st, 2nd, & 3rd; Ribbons for 4th, 5th, & 6th Team perpetual trophy.

- A team consists of up to seven (7) runners with top 5 scoring for finals only.

Course is 1.5 miles (measured by coaches).

In all races, if a runner falls in the first 100ft the race must be restarted.

- Runners must compete in at least 3 League meets with a time of 13 minutes or faster in one League meet to be eligible for Cross Country Finals.

Cross Country Consolation Race - There will be a consolation race held at the conclusion of Cross Country Finals for those runners who did not qualify for the Finals.

Limit of up to three (3) runners, per gender, per grade level with a time of 14 minutes or under for the consolation race.

It is the responsibility of each team to run the Finals course prior to the event.

Every school must bring two (2) volunteers to finals

- No iPods or other listening devices with earphones will be allowed while competing.
- No jewelry except running watches
- 6th graders may take the place of a 7th grader only if they are faster.

Tie-Breakers: If there is a tie between 2 or more schools, the 6th runners' times from the tying schools will determine the tie break.

In the event a school does not have 6 runners, the total time of the top 5 runners from each tying school will be added together to determine the tie break.

- Tournament Eligibility - Student/Athletes participating for schools must be on the roster from the beginning of the season in order to be considered a team member and to be eligible to participate in end-of-season tournaments, County or TOC's. Student/Athletes can not join the team with only one or two matches left in a season just to be able to move on to the county, TOC or end-of season tournaments.

Student/athletes that move to a member school during the season may join a school team, but must still compete in three (3) meets to be eligible for finals. (To be determined by each site) (Exceptions/appeals must be approved by the League Commissioner).

- Participation Eligibility: A student/athlete cannot play, practice, and/or attend a practice for another team while attending practice or participating for their school in the same sport in the same season. Cross Country/Track - Runners in both Cross Country and Track may have personal trainers and run unattached in 5K and 10K races but may not participate in organized Cross Country or Track and Field events. See Rule 600