

# Oak Meadow/BUMI Cross Country Team



Welcome to the Oak Meadow/BUMI Cross Country Team! We are so excited for another fantastic season. Please read through the following information carefully. You may detach and keep this information sheet and the XC schedule.

- **Participation:** All students in grades 3rd-5th are eligible to join the Oak Meadow/BUMI Cross Country Team. 2nd graders with an interest in running may participate and run in 3rd grade races.
- **Registration Packets:** Please complete the registration packet and turn in to the school office, coach, or your child's teacher by Friday 8/30. Packets will NOT be accepted after the first practice on 9/4. *Please look carefully to not miss any important signatures!*
- **Team fees:** \$45 per student, this includes their Cross Country t-shirt. Please make checks payable to Oak Meadow Elementary and turn in with Registration packet.
- **XC Team Shirts:** Runners must wear their XC team shirt to each meet. We highly encourage runners to wear them to school on meet days as well!
- **QR Code:** you MUST fill out the QR code on the back of this form so we have a digital copy of your contact information and to place your T-Shirt order!
- **Practices:** Begin on Wednesday 9/4. Practices will be after school on Mondays and Wednesdays and occasionally on Fridays before school. Runners must wear appropriate athletic/running shoes and breathable clothing to practices. Make sure to bring plenty of water to school on practice days as it's usually pretty warm in September. Please have a specific plan to pick up promptly at the end of practice as there will be no supervision on campus when practice is over.
- **Meets:** We have 4 regular league meets. These are on Wednesdays starting 9/18. 3rd grade runs first, then 4th, and 5th, girls races followed by boys. 3rd runs  $\frac{3}{4}$  mile and 4th/5th runs a mile. Races move quickly and start roughly every 10-15 minutes so make sure to plan accordingly if you want to see your child run. We love OM/BUMI parents to be there cheering our runners on!
- **Transportation:** Due to a shortage of bus drivers, we are currently unable to provide transportation for after-school athletics. We'll be releasing students to go home after school and students will have to get to and from the meets on their own. Please see the schedule for what time runners will need to arrive and check in at the team tent before the start of each meet.

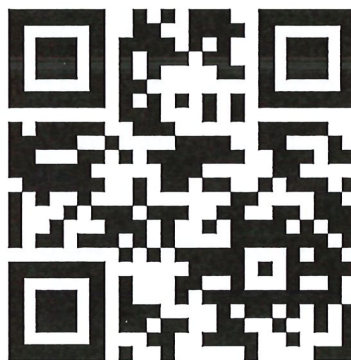
- **Volunteers:** We anticipate a large team of energetic runners and we need parent volunteers! Opportunities will include helping at practices and meets, bringing popsicles/drinks to meets, helping run the Mock Meet, and various other jobs. Be on the lookout for online sign ups or contact the coach if interested in helping out.
- **Behavior Expectations:** We expect all of our runners to be on their best behavior at all times. We ask that our team demonstrates the following rules: Be Safe, Be Respectful, Be Responsible, and Try Your Best. There is a no tolerance policy for behavior that is deemed inappropriate or unsportsmanlike and students may be asked to leave practices, meets, or even the team for poor behavior. Let's keep up our good Oak Meadow/BUMI reputation this season!
- **Communications:** Please check email regularly for team communications regarding practices and meets. Lots of important information through the season will be sent through email.
- **Finals:** The top 7 runners plus one alternate from each group will qualify for the Finals meet on 10/16. Finalists will be chosen based on times, placement in races, attendance, and sportsmanship throughout the season.

Thank you for your cooperation and support!  
If you have any questions please contact the head coach:  
Ashley Flemming  
[aflemming@buckeyeusd.org](mailto:aflemming@buckeyeusd.org)

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### QR CODE

**\*\*You MUST Complete the linked form to enter your digital contact information and order your XC team shirt. Complete a separate form for each child participating.**



*Use the QR Code or use the link below to complete sign up*  
[Cross Country - Online Sign up](#)

# Oak Meadow Cross Country 2024 Schedule

## Practice and Meet Schedule:

Thursday August 22	Mandatory Parent Informational Meeting 2:15 @ lunch tables
Monday, September 2	<b>NO PRACTICE</b> - Labor Day
Wednesday, September 4	<b>FIRST Practice:</b> 1:15 - 2:30
Friday, September 6	Optional <b>Practice:</b> 7:15 - 7:45
Monday, September 9	<b>Practice:</b> 2:15 - 3:30
Wednesday, September 11	<b>Mock Meet @ Oak Meadow 1:15-2:45</b>
Friday, September 13	Optional <b>Practice:</b> 7:15 - 7:45
Monday, September 16	<b>Practice:</b> 2:15 - 3:30
Wednesday, September 18th	<b>Meet 1: CMP Shingle Springs @4pm</b> Check in at CMP @ 3:30
Friday September 20th	Optional <b>Practice:</b> 7:15 - 7:45
Monday, September 23rd	Minimum Day- <b>Practice:</b> 12:10-1:30
Wednesday, September 25th	<b>Meet 2: Jackson Elementary @ 3:30pm</b> Check in at Jackson @ 3
Friday, September 27th	Optional <b>Practice</b> 7:15-7:45
Monday, September 30th	<b>Practice:</b> 2:15 - 3:30
Wednesday, October 2nd	<b>Meet 3: Blue Oak @4:00pm</b> Check in at Blue Oak @ 3:30

Friday, October 4th	Optional <b>Practice</b> 7:15-7:45
Monday, October 7th	<b>Practice:</b> 2:15 - 3:30
Wednesday, October 9th	<b>Meet 4: Lake Forest @ 4pm</b> Check in at Lake Forest @ 3:30
Friday, October 11	<b>Finalists/Alternates Posted</b>
Monday, October 14th	<b>NO SCHOOL</b>
Wednesday, October 16th	<b>Finals Meet:</b> 3:30 El Dorado County Fairgrounds - info will be sent home
Monday October 21st	<b>End of season celebration for all runners.</b> 2:15 Outdoor stage/Green benches

*\*\*\*We will send out an email with bus details/updates for each meet. Be sure to look for these in your email.*

*\*\*\*Optional Friday practices subject to change: please check weekly emails to confirm there is practice.*

