

2026 William Land Elementary

Cross Country

"If you love to run, cross country is the sport for you!"



2024: Girls 1st, Boys 2nd in SCUSD



2025: Boys & Girls 3rd in SCUSD

BASIC INFORMATION

- **Who:** 2nd - 6th Grade Students
- **When:** Tuesday, Wednesday, & Thursday | 8:00 AM – 8:30 AM
- **Where:** William Land Elementary
- **Want to try it out?:** Try out XC this school year by joining an XC practice on Tuesday, Wednesday, and Thursday, 8:00-8:30 AM.

SEASON INFORMATION

Race Distances: Between 1-2 miles (varies per meet).

Race Format: Some races will be against other elementary-age children, while others will include competition against 7th and 8th-graders.

First Meet: Saturday, August 22nd, at Pleasant Grove High School in Elk Grove. Distance: 1 Mile. Racing against kids in 8th grade and below. Start Time is 8:00.

Schedule: TBD - Waiting for meets to be announced. The regular season is from August to October. Post-Season is November to Early December. The regular season will be in the Sacramento Area. Post-Season will be in the Sacramento Area and the Bay Area

JOINING OPTIONS

Option 1: FREE	Option 2: USATF Membership
Just sign up! Eligible for most meets between August and October. Fill out the form below and return via email or in person. Can email a picture of it to bryan-dwyer@scusd.edu	Cost: \$38.88. Eligible for EVERY meet, including "post-season" meets in November. Membership is valid until Dec 31st, 2026. If you have a current membership, you don't need to re-sign until Jan 1st, 2026. Contact me for the sign-up link.

Cross-Country Application

Student Name:

Teacher's Name:

Parent/Guardian Name:

Email:

Parent/Guardian Name:

Email:

Is your child in the before-school program? **Yes / No**

Are you interested in USATF Membership? **Yes / No**

**Please return by emailing me at Bryan-Dwyer@scusd.edu
or handing it to me in person.**