



Cross Country 2022

Parent Meeting

Agenda

Welcome

Purpose of this Program

This is a recreational program. The focus of this program is to teach skills and provide a fun cross country experience for your child. The meets will be one 1K, one 2K, three 3Ks, and one 4K. Each child is welcome to participate in all meets. If you feel one is too challenging for your child you can skip those meets.

Age Groups

Age division is determined by USATF a national organization. Age is determined by birth year and not by birth date.

Age Divisions:

2014-2015

2012-2013

2010-2011

2008-2009

Shirts

I have ordered shirts for every participant. These will be handed out at practice as soon as we receive them.

Shoes

Athletic shoes are required. Your child will not be allowed to run or participate in open toed shoes.

Clothing

Athletic Clothing: Dress for the weather, **absolutely no jeans**.

Safety and Health

Water Bottle

Sunscreen

Medical Conditions: Please inform coaches if there are any medical conditions the coaches need to know about that your child may have.

Volunteers

If you would like to help at a cross country meet please let the head coach know.

August 29th and September 19th are the cross country meets we will host. We will really need help at these meets.

Practices

Time

Practices for 2012-2015 will be from 5 PM – 6 PM

Practices for 2008-2011 will be from 6 PM – 7 PM

All practices will be at Harvest Hills Park

If you have multiple participants in different divisions you can choose whatever practice time works best

Parents

Please do your best to stay at practice. It is an open area with a lot of kids running around. Parents are encouraged to help keep track of their kids. If you drop your child off please be on time picking them up.

Weather (practices)

Practice will NEVER be rescheduled. If a dangerous storm comes through we will seek shelter and then resume practice when the storm blows over. Parents are strongly encouraged to be at practices when weather may be an issue to provide a car for shelter for their kids.

Cross Country Meets

Cross Country Season Schedule (Refer to season schedule)

Cross Country Meets consist of two separate steps.

1. Registration
2. Meet

Registration

Registration typically begins at 5:00 PM. At registration you will receive a sticker that your child will wear during the meet. Stickers MUST be kept track of so they can be given to meet officials/volunteers at the end of the race. When running the race do NOT go through the finish line twice. Only go through once. You can run with others to encourage them but must peel off before the finish line.

Remember that our cross country coaches will be helping to run the meet and will not necessarily be available to help individual participants.

If you have any questions about practices or meets your head coach will be glad to help.

Safety

At meets keep track of your child.

Keep your kids away from the starter. The gun used looks and feels like a real gun. Kids will be curious but please do not allow them to approach the starter.

Results

Please allow up to 4 business days for results to be posted.

Weather (track meets)

Decisions to cancel the meets will be made a half hour before the meet, no sooner and no later. To find out if a meet has been canceled you can:

Call the rain out hotline for the city hosting the meet.

Saratoga Springs Rain Out Hotline: 801-766-6509

Lehi Rain Out Hotline: 385-201-2000 option 5

Provo Rain Out Hotline: 801-852-6629

Orem Rain Out Hotline: 801-229-7101

Nephi Rain Out Hotline: 435-623-1004