

Dear Runners & Parents,

We are excited to begin another great season of running!

New to the sport of cross-country? Cross-country is a team running sport that takes place in the fall on a measured 1.5 mile course for 5th -8th graders over varied surfaces and terrain. No one is cut from the team.

Practice:

This season, we will practice Monday through Friday from 3:00 pm- 4:00 pm. Our first day of practice will be **Wednesday, September 4th.** Come prepared to run and have some fun, too!

- Change in the locker rooms and meet in the big gym by 3:00 p.m.
- Wear a good pair of running shoes and comfortable clothes to practice.
- If you are not able to attend practices after school because you are on the softball team, I encourage you to run on your own in order to prepare for the meets. Please make arrangements with your softball coach before attending the meet(s).
- Please be sure to have your ride here promptly at 4:00 when practice is finished!
- In order to practice/compete, all athletes must have completed the following forms on Skyward:
 - Concussion Acknowledgement Form
 - Concussion Waiver
 - Athletic Code Contract

Meet Information & Team Scoring in Cross-Country:

A cross-country meet is scored by adding up the places of the top 5 finishers for each team. As in golf, the low score wins. If tie in scoring occurs, then the team who has their 6th runner in first wins. If neither team has a 6th or 7th runner, then you break a tie based on placement of the 5th runner for each team. The team who has their 5th runner in first, wins. The score does not change, but the tie is broken and a team winner determined.

The top six finishers in each age group (5th/6th grade and 7th/8th grade) will receive awards. There will also be a traveling team trophy for girls and boys, respectively, that will be awarded to the top teams at each week's meet.

All meets will begin at 4:00 p.m. and all grade levels will run together. There will be one girls race (4:00) and one boys race (immediately following the girls race; approximately 4:30).

Please keep in mind that runners should have a healthy snack & plenty of water before, as well as after, the race. Watch the weather & dress appropriately. Bring warm clothes and/or rain clothes when necessary. (Oh yeah! We love running in the rain.)

Athletes will take the bus after school to away meets. **Any athlete planning to go home with a parent from a meet must sign-out on the transportation sheet at each meet. Parents are to take only their OWN child(ren) home from meets.** If you are picking your athlete up from Bristol after a meet, please arrive promptly.

Parent Volunteers Needed:

Bristol School will be hosting a meet on Wednesday, September 25th. We are in need of parent volunteers to help with several things during the meet to make things “run” as smoothly as possible. A signup genius will be coming out at the beginning of the season. If you think you may be interested in helping out, please sign up no later than Friday, September 17th. Thank you, in advance, for your help! It is greatly appreciated!

If you have any further questions or concerns, feel free to contact Mrs. Sturycz via email or by phone at 262-857-2334 x1505.

Thank you and let's have a GREAT season!

Karla Sturycz

5th Grade ELA

Cross- Country, Cheerleading, Track Coach

(Season schedule attached below.)

2024 Cross Country Season Schedule

Day	Date	Event	Notes:
Wednesday	Sept 4	Practice	3:00-4:00; Pick up on Hwy 45 side of building
Thursday	Sept 5	Practice	3:00-4:00
Friday	Sept 6	Practice	3:00-4:00; Bus permission slips & athletic fee due!
Monday	Sept 9	Practice	3:00-4:00
Tuesday	Sept 10	Practice	3:00-4:00
Wednesday	Sept 11	Meet at Trevor-Wilmot	4:00 Start time; Pick up from Bristol at 5:45
Thursday	Sept 12	Practice	3:00-4:00
Friday	Sept 13	No practice	Run on your own or rest day!
Monday	Sept 16	Practice	3:00-4:00
Tuesday	Sept 17	Practice	3:00-4:00
Wednesday	Sept 18	Meet at Union Grove	4:00 Start time; Pick up from Bristol at 5:40
Thursday	Sept 19	Practice	3:00-4:00
Friday	Sept 20	Practice	3:00-4:00
Monday	Sept 23	No practice	Run on your own or rest day!
Tuesday	Sept 24	Practice	3:00-4:00
Wednesday	Sept 25	Meet at Bristol	Parent volunteers needed! 4:00 Start time; No need to sign out athletes with coach
Thursday	Sept 26	Practice	3:00-4:00
Friday	Sept 27	Practice	3:00-4:00
Monday	Sept 30	Practice	3:00-4:00
Tuesday	Oct 1	Practice	3:00-4:00
Wednesday	Oct 2	Meet at Wheatland Center School	Conference Meet 4:00 Start time; Turn in team shirt AT meet! Pick up from Bristol at 5:45 (Rain date - Oct 4th)