



Dear Runners & Parents,

We are excited to begin another great season of running! 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. If you want to run and have some fun, we are the team for you!

### Practice

This season, we will practice Monday through Friday from 3:00 pm- 4:00 pm. Our first day of practice will be Tuesday, September 5th. We will not have practice on Wednesday, September 13th. [Click for our season calendar.](#)

- 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. We will be outside!
- If practice is scheduled on an early release day, students may stay after school and wait for practice to begin. Please see the [athletic handbook](#) for more information.
- If you are not able to attend practices after school because you are on the softball team, you may still [complete the running workouts](#) on your own in order to prepare for the meets. Please make arrangements with your softball coach before attending the meet(s). CC athletes should be at all softball practices and games except during cc meet days.

### 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. The top six finishers in each age group (5th/6th grade & 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.

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. If you are picking your athlete up from Bristol after a meet, please arrive promptly.

### \*Volunteers Needed

I need your help during our home meet on Wednesday, September 27th. We can not have this meet without your help! [Click](#) to volunteer.

## 2023 Grade School Cross Country Meet Schedule

<u>Location</u>	<u>Date</u>	<u>Bus will return to Bristol</u>
<a href="#">Union Grove Grade School</a>	Monday, September 18	Approx. 5:45 pm
<a href="#">Trevor-Wilmot Grade School</a>	Wednesday, September 20	Approx. 5:40 pm
<b>*Bristol - Home Meet</b>	<b>Wednesday, September 27</b>	<a href="#">CLICK HERE TO HELP</a>
<a href="#">Conference Meet - Wheatland Grade School</a>	Wednesday, October 4 *Rain date TBD	Approx. 5:45 pm

If you have any further questions or concerns, feel free to contact Mrs. Sturycz. Thank you and let's have a GREAT season!

Karla Sturycz | 5th Grade ELA

sturycz.kar@bristol.k12.wi.us

262-857-2334 x1505