



CROSS COUNTRY (4-8th Grades)

Practices

Practices for all runners *begin the week of August 19.* Teams will begin and end practices on campus in the foyer.

- **4th grade**

Hardey: Wednesday 3:45 – 5pm

Academy: Thursday, 3:45 – 5pm

- **5th & 6th grade**

Hardey & Academy: Monday / Wednesday 3:45-5pm

- **7th and 8th grade**

Hardey & Academy Tuesday / Thursday 3:45 – 5pm

Meet Information

- Meets can be *weekdays after school and/or on the weekends.*
- Our schedule is built based on invitationals we receive, as well as local schools who host their own event. We work to schedule meets that will give runners of all age levels and experience opportunities to compete in inter-scholastic competition. Not all runners will compete in every meet due to coach's discretion for rest between meets and other considerations. Once the schedule is finalized, we will communicate these details.
- Using TeamSnap, runners will be required to set their availability for meets ASAP (or communicate this to coaches via email). Most meets require the schools to submit the specific number of runners participating, so that the hosts can work out the logistics of time chips and the amount of staff needed for the event.

****We will be enforcing a registration deadline for each meet this year in order for our coaches/runners to be fully prepared for each meet.**

Physicals

- **NO STUDENT WILL BE ALLOWED TO PARTICIPATE IN CAMP/PRACTICE/GAMES WITHOUT A SIGNED IESA FORM!!!** Forms must be turned in prior to or on the first day of practice. They can be electronic or hard copies. Students without current forms on file will not be allowed to participate until a form is turned in. Forms can be found here:

https://www.shschicago.org/uploaded/PDFs/Athletics/2017-18/Physical_Form.pdf

Number of Teams/Enrollment

If you are not planning on competing in cross country this fall, please let the Athletics Department know ASAP. We have to determine the number of runners we will register in the IESA database. The numbers of registered runners that our school submits impacts which division we will compete in for various meets; an inaccurate count of registered runners puts our teams at a disadvantage. So, if your plans for fall have changed, please let us know so that adjustments can be made.

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