



Cityside Cross Country Information

Basic Information: Cross Country is an individual and team sport in which competitors train in order to compete in a 2-mile race over terrain consisting of trails, grass, and sometimes pavement. It is an individual sport because all members are competing in the same race with emphasis on personal improvement, and faster race times. It is team sport because the five fastest team- members score for their team with points awarded for the place they take in the race. The best score is a 15 where runners place 1st, 2nd, 3rd, 4th, and 5th. These places add to a total of 15 points. Lowest score wins!

Participants: Girls and boys grades 6th through 8th are eligible to participate. Girls and Boys compete separately. Participants must complete registration through Finalforms in order to participate. Finalforms is an online registration and information platform. The link for Finalforms is located on the athletic page.

Practice: Practice will officially begin on August 29, the first day of school. Practices will be held at Cityside Middle School and run from 2:40-4:15. We will use various running routes around the building and the surrounding area but will start and end all practices at the middle School. Athletes are to be picked-up at Cityside Middle School no later than 4:30.

Meets and Invitations: Meets are competitions against 1 or 2 schools in pur conference. Meets are usually held weekly. Invitationals are competitions between several schools. We will compete in 6 invitationals and approximately 4 conference meets. To see the 2023 schedule click [here](#) .

Equipment: When it comes to what you need, there is no simpler sport. A good pair of running shoes and comfortable athletic clothing is all you need to run cross country. Cross Country spikes are optional, although they do give a runner an advantage because of their light weight and aggressive tread. A water bottle is necessary; hydration is essential to good running and water is not provided at all running locations. *A good attitude and willingness to work hard and have fun is an absolute requirement.*

Summer Running and Training: Getting a good start to the season starts with summer running. Those considering Cross Country should run at least 3 times a week during the summer with mileage ranging from 5-20 miles per week. Athletes should be able to comfortably run 2 miles without stopping. Starting Tuesday August 8 preseason running and workout oportunitinies will become available. Preseason workout location and times will be posted via final forms.

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