CROSS COUNTRY REGULATIONS

There will be four categories: Girls 5-6, Boys 5-6, Girls 7-8, Boys 7-8

Grades 5-6 will run one mile. Grades 7-8 will run 1.2 miles

Each runner will be from the school he or she is attending

Three runners from the same school will constitute a team

Teams cannot be coed.

A runner's finishing place is his/her score for the team. The first three runners from each school will add their places for the team score. If a school has more than three runners, all runners regardless of place, will be a member of that championship team. All runners from the championship schools will have their team picture taken after the meet.

Individual runners not having enough for a team, will not be counted in team scoring but can still win or place

Runners not on a team will still place individually and be awarded their place at the finish. They, along with their school, will be recognized with all other runners.

Runners below the fifth grade will not be counted in the team scoring. However, runners below the fifth grade will still be timed and are welcome to run the race as an exhibition sport.

All are encouraged to run. There is no fee.

Early sign up is very helpful and recommended by sending the following information:
1. Name 2. School 3. Grade 4. Boy or Girl; to edvakulskas@gmail.com

Runners are still welcome to sign up the same day and are encouraged to enter

Team trophies, along with individual first, second and third places in each division will be awarded

Awards will be handed out immediately after the meet but the results will not be final until 24 hours after the race. Any errors can be corrected in that time.

Document Produced by deskPDF Unregistered :: http://www.docudesk.com