

# Cross Country

## The Fire (Formerly SPORTS)

### Fall 2010

We are excited to provide 3<sup>rd</sup> graders through 8<sup>th</sup> graders an opportunity to participate in Cross Country. Our focus will be on fitness, fun and training to participate in meets including the USA Track & Field State Meet held in early/mid November, with the opportunity to advance to Regionals (late November) and Nationals (early December 2010). This will be a great introduction to cross country or an opportunity to expand and extend the Cross Country season offered by local schools.

### When

September 13 through November 6th, with Regional and National qualifiers able to compete to November 27 and December 11th.

Monday and Thursdays 6 PM to 7:00 PM  
Saturday Mornings 9 AM to 10:00 AM

October 2<sup>nd</sup> Meet at Northview Christian Church (Carmel)  
October 9<sup>th</sup> Fishers Invitational – Riverside School, Fishers  
October 23<sup>rd</sup> Fishers Classic – Riverside School, Fishers  
November 6<sup>th</sup> State Meet at Northview Christian Church  
November 27<sup>th</sup> Regionals, Illinois  
December 11<sup>th</sup>, Nationals, Hoover, Alabama (for qualifiers)

### Where

All practices are at Riverside School

### Events (Availability of some events varies by age group)

#### USATF State Meet Distances

Bantam (1999/2000)	3,000 Meters
Midget (1997/1998)	3,000 Meters
Youth (1995/1996)	4,000 Meters
Intermediate (1993/94)	5,000 Meters

### Cost

\$60. Includes a uniform top and participation in S.P.O.R.T.S. -sponsored meets. Athletes will be responsible for all travel plus the costs to enter non-S.P.O.R.T.S. sponsored meets. If your child is not a USATF member, then you will need to go to [www.inusatf.org](http://www.inusatf.org) and sign up your child (\$20 cost and mark he/she is on club #206 "Fishers Fire"). Those who run with our Track program in the spring/summer 2010 are USATF members. \$10 late fee for those who sign up after September 1st. Those in 7/8<sup>th</sup> grade can join for \$30 by emailing [hoosierhousecalls@sbcglobal.net](mailto:hoosierhousecalls@sbcglobal.net)

Fee does not include Middle School Meet (\$14), or the State, Regional and National Meet fees, which could range from about \$8 to \$15 per meet.

Additional Information at HSE Sports - 845-5582 and [www.fishersfire.info](http://www.fishersfire.info)