

# **S.P.O.R.T.S. Cross Country**

(Fall 2009)

We are excited to provide 4<sup>th</sup> 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 2009). 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**

Mid-September through mid November or early December

Practice times and locations are yet to be determined.

## **Where**

Practice locations have not yet been established. We will work to find safe locations with as much running on grass and trails as possible.

Meet locations will vary.

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

USATF State Meet Distances

|                                |              |
|--------------------------------|--------------|
| SubBantam/Pee Wee (Born 2001+) | 1,500 Meters |
| 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**

\$50. 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. Add \$20 to this cost if your child is not a USATF member. (Those who run with our Track program in the spring/summer (2009) are USATF members.)

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