

GRANT COUNTY YOUTH CROSS COUNTRY SERIES 2016 SERIES GUIDELINES

General Participation Requirements

1. All participants will pay a \$15 fee. This fee covers the required insurance for all races, the annual series t-shirt, award (if requirements are met), picnic supplies, and any miscellaneous expenses to enhance the series.
2. All participants are expected to demonstrate good sportsmanship and abide by all guidelines set forth for the Grant County Youth Cross Country Series.
3. Current sports physical is **highly** recommended for participation in the series, but it is not a requirement. It is required if athletes wish to participate as a member of their respective school team.
4. Participants are permitted to run up one age category. The participant will run the championship race in the age category in which they ran the majority of the season races. Participants are not permitted to run down an age category.

Awards Eligibility

Awards will be given to those series participants who meet the following criteria:

- a. Must complete their race in the Series Championship.
- b. Must have participated in at least three of the five regular season races prior to the championship. If you start the race but don't finish, you must notify the director or the finish line clerk prior to leaving the site in order to get credit for participating that week.
- c. **Athletes not satisfying series awards eligibility may still compete in the championship race but will not be eligible for awards.**
- d. Included in the enrollment fee is a series T-shirt and award for all those who complete the series requirements listed above.

After you register, what happens on race day?

1. Once you arrive at Sherman Elementary, please park in a designated space and walk to the start/finish area located behind the school building. Please reserve handicap parking spaces for vehicles with appropriate permits.
2. Please have your child check in with his/her respective group leader to receive race number for that week. We will be using a black marker to write their race numbers on their hands to aid in the results process. The marker will wash off with plenty of soap and water.
3. In their respective age group (K-2, 3-5, 6-8), each participant will proceed through the warm up period which includes light jogging, stretching, and strides. Runners should report to the starting line no later than 5 minutes prior to their scheduled race for final instructions. Plan to be on site 30 minutes prior to the first race to meet with your group.
4. **Race!** The first race will begin at 6pm with the remaining races running on a rolling schedule. As soon as results have been verified for one race the next race will begin. Each Thursday night during the Series, there will only be 3 races combining girls and boys. Championship week, there will be 6 races, as girls and boys will run separately. The Series Director reserves the right to amend the race day schedule if it is in the best interest of the participants.