



2024 Youth Cross Country PROGRAM INFORMATION

Days	Wednesdays
Dates	9/18 – 10/9 + 10/16 Ribbon Meet
Times	Events will start at 4:00 PM sharp. Runners will need to be checked in, warmed up, and ready to begin by 3:50 PM.
Location	Cross Country Meets will take place at Riverbend Park next to Big Bear Pavilion.

Proposed Distances *(Course maps on website)*

- K/1st / 2nd .35 Miles
- 3rd / 4th .75 Miles
- 5th / 6th 1.3 Miles
- 7th & 8th 2.6 Miles

Fees \$20/runner (season)

Process

Flags/cones/course supervisors will mark the course(s).

Runners will be sent out by grade levels starting with the youngest group first.

A coach/volunteer will lead the K-2nd runners through the course.

Participants must be part of a school/program team, and each team must have a coach present.

Girls and Boys heats will be offered; however, depending on the number of athletes in the

- division:
- multiple heats may be offered
 - heats may be combined

Runners must wear a runner's bib (provided by FRRPD.) Runners will receive a runner's bib that they will wear for the entire season. Boys and girls will run in separate heats.

Volunteers/parents are responsible for getting the times of their runners and will then report to the FRRPD staff member who will then record times for the appropriate runners.

Volunteers

Each school must provide a minimum of one volunteer to assist with course supervision and/or timing. Teams with more than 15 participants will be required to provide 2 volunteers.