



"Do it heartily as to the Lord." Col. 3:23

Junior High XC

Parent Info & FAQ

Meet & Practice Schedule

Our complete meet/practice schedule can be found by visiting gowarriors.net and locating the JH Cross Country page in the fall.

There you will find:

1. PDF of season calendar
2. Meet schedule with locations for away meets

Transportation & Pick-up

On the day of a scheduled meet our team will be departing early. The dismissal and departure time is posted in the school bulletin. Valley Christian will provide a 1-way bus to all away meets that will take your child from Valley Christian to the away site. It is the responsibility of each family to pick up their child at the conclusion of the meet. Each child **MUST** check out with a coach before they are able to leave. The end time for a meet varies from 5:00pm - 6:00pm depending on how many schools are participating and how smoothly the meet is being run.

Equipment & Uniform

All students will be required to purchase a cross country top on a designated day by our coaching staff. Cost is \$30.00 and the fee will be billed directly to your account. Please do not bring payment. If your child already has a previous VC cross country top or track and field top they are not required to purchase a new one.

Meet Days: Athletes are required to wear their top with Navy shorts or Black/Navy compression shorts. PE shorts are perfectly acceptable. If they choose to wear a t-shirt under their top it **MUST** be navy blue. Your child is required to have a pair of running shoes or cross training shoes. It is also recommended that your child pack a snack and drink to have with them throughout the afternoon.

Practice Days: Athletes are required to wear appropriate athletic attire with their running shoes. This includes t-shirt and shorts. Their PE uniform is perfectly acceptable.

Team Area at away meets

Our team will designate an area at away meets where students will put their backpack and other personal belongings. Students will sit in this area and will come and go as they are running and supporting the team. Our coaching staff is not available to sit with the backpacks as we compete, so we ask any parents that are coming to support the team to sit in this designed area and keep an eye out for anyone that may not be associated with Valley Christian. If for any reason you have to leave and you are the last parent in the area, please let a coach know.

Day before and Day of the Meet

It is highly recommended that your child eat a healthy meal and hydrate well the day before a meet. On the day of the meet your child should bring water and a significant snack/food with them.

Order of Races and Race Info

C Girls Run
C Boys Run
7th Girls Run
7th Boys Run
8th Girls Run
8th Boys Run

What is a junior high cross country race?

Cross Country competitions consist of only one race per division and 5-7 runners per team. Additional runners may be allowed, but are not scored. A standard cross country race is approx. 2.2 miles

Meet locations & Parking Fee

Meets typically start at 3:30 or 4:00 and end around 5:30/6:00pm. Meets take place at various local parks that include: Christmas Hill Park-Gilroy, Montgomery Hill Park, Guadalupe Oak Grove, Lake Cunningham Park, etc. There is typically cost to park at these locations so be sure to have about \$2.00 - \$8.00 in cash.

Start and End Time

Meets typically start at 3:30 or 4:00 and end around 5:30/6:00pm.

Divisions

Our league has established 3 divisions for boys and 3 divisions for girls based on the following qualifying standards.

- 8th Grade Girls- must be a 8th grade girl
- 7th Grade Girls- must be a 7th grade girl or 6th grader that is too tall for C girls division
- C Girls- any grade level girl that is 62" or shorter

- 8th Grade Boys- must be a 8th grade boy
- 7th Grade Boys- must be a 7th grade boy or 6th grader that is too tall for C Division
- C Boys- any grade level boy that is 62" or shorter

Parent Volunteers

Hosting a cross country meet is a huge undertaking and it takes a large number of folks to run a smooth meet. We host away meets with a number of schools and would love to know if you are available to help. The meet duties consist of timing ; supervision ; staging etc. No experience is necessary. Our coaching staff will be in touch regarding some of these volunteer opportunities.