

Frequently Asked Questions From Parents

Q: What does my child need to be on the team?

A: All runners should have a watch and water bottle every day at practice. He or she should also have proper running shoes.

Q: How long do meets usually last?

A: Cross country meets usually last around 3 hours. It all depends on the size of the meet and the number of races.

Q: Can I take my child home from a cross country meet?

A: Yes. Parents can take their runner home, but they must sign them out at the team clipboard before leaving. The clipboard will be located at the team tent. This is to ensure we have all athletes when we leave the meet and is a district requirement of coaches.

Q: How does my son or daughter get to run Varsity?

A: Cross country is unique in that there are no “positions.” Everyone runs the same distance and course. Everyone has a chance to be on Varsity at any time based off meet times. In order for a runner to compete in a Varsity race, he or she must be the top JV runner in the previous meet and run a time faster than someone already on varsity at the previous meet. If two JV runners run times faster than two Varsity runners, both athletes will run Varsity the next meet.

Q: How many runners are on the Varsity team?

A: Most meets typically have 8 runners compete in the Varsity race. Some meets only allow 7. Athletes will know ahead of time how many Varsity runners can be in the race. The Conference and Sectional Meets only allow 7 Varsity runners. If two athletes are close to the final Varsity spot, the coaches will look at performances from the last 3 races and determine who will fill the 7th spot.

Please contact Coach Collin if you have any additional questions.