

2025 Mead Cross Country



**Be part of the winning
tradition!**

Welcome to the 2025 Cross Country Season! This letter is to inform runners and parents about the cross-country season.

The season officially **starts Tuesday August 26th**. Although the season starts then, you should start running now to increase your chances of success. **In order to participate, students need a physical approved by the school's nurse and be registered through Infinite Campus.**

We practice on Monday, Tuesday, Thursday and Friday. Practices consist of running various distances on the school grounds and or around the Mead community. Practices start right after school and conclude at 4 o'clock. Runners can catch the late bus to take them home. For practices, runners need their PE uniform or other running clothes and we suggest a good pair of running shoes.

Home meets start approximately 3:15 and are run on our school grounds behind Mead. Away meets will start about the same time. Buses will take the runners back and forth to the away schools and will return approximately 5:00. (Due to traffic and length of some races, time may vary.) It is extremely important that the runner has arranged a ride home from the meet; parents can take them after their race, or be picked-up or walk home from the school. Runners will compete against their own grade and gender. Each race takes approximately 20 minutes. Meets are only canceled due to lightning only, we run in the rain and snow, so be prepared.

We have a long and storied history here at Mead. Although a few people think of Cross-Country as just running, we know it is much more. It is a group of individuals becoming a team through hard work and focus. Cross-Country builds character and commitment towards a common goal of achieving your best. It builds dedication and endurance for other activities in life. Running is a sport, the first sport, but it is also a lifestyle. Again, Mead Junior High has a successful program in place and we look forward to seeing you soon!

Coaches

Mr. Clark, Mrs. Knight, Mrs. Amos, Mr. Iott

Athletic Electronic Permission/Concussion Forms Information

In order to participate in any of our Sports/Intramurals in District 54, athletes need to have a permission/concussion form filled out and turned into the coach before they can participate in the activity. Starting this year, all Athletic permission slips will be collected electronically through Infinite Campus.

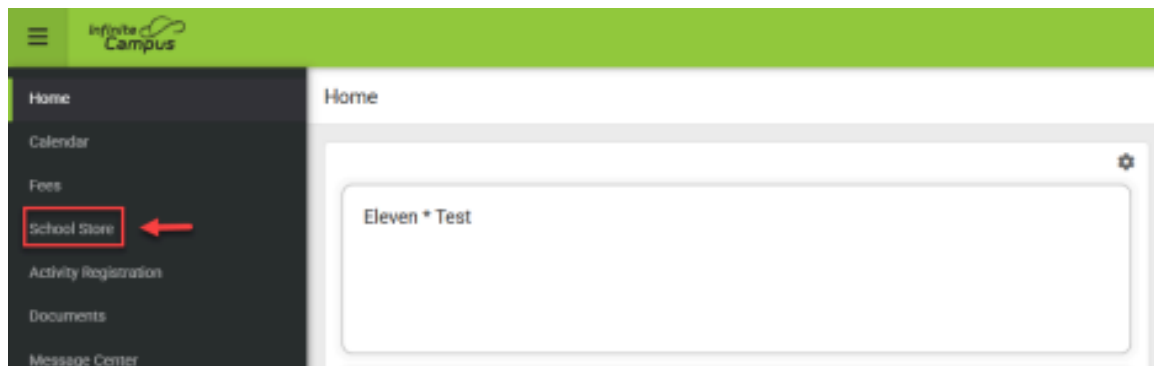
Below is a document you can use that will show step by step instructions on how to sign up through Infinit Campus. Please complete all steps of the process including clicking on the payment button in the IC Shopping Cart. You WILL NOT be charged any money for the sport but this step must be completed for the registration to go through.

Scan QR code with smartphone for step by step directions:

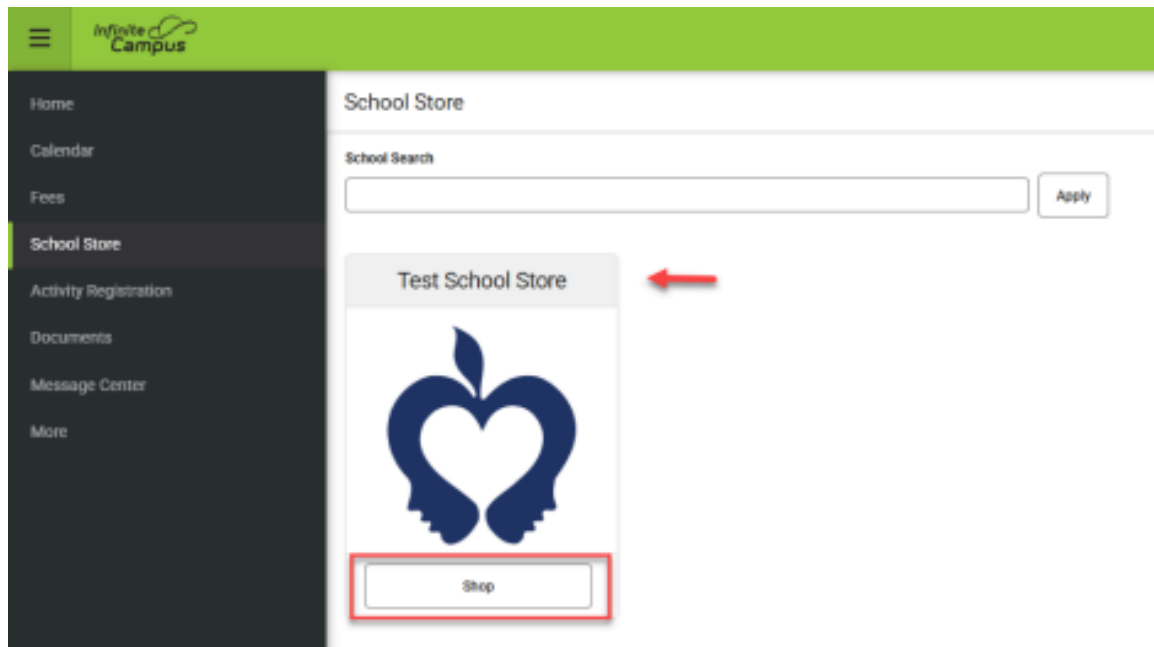


Parent Portal Sports Registration

1. Log in to your Parent Portal, and click on **School Store**

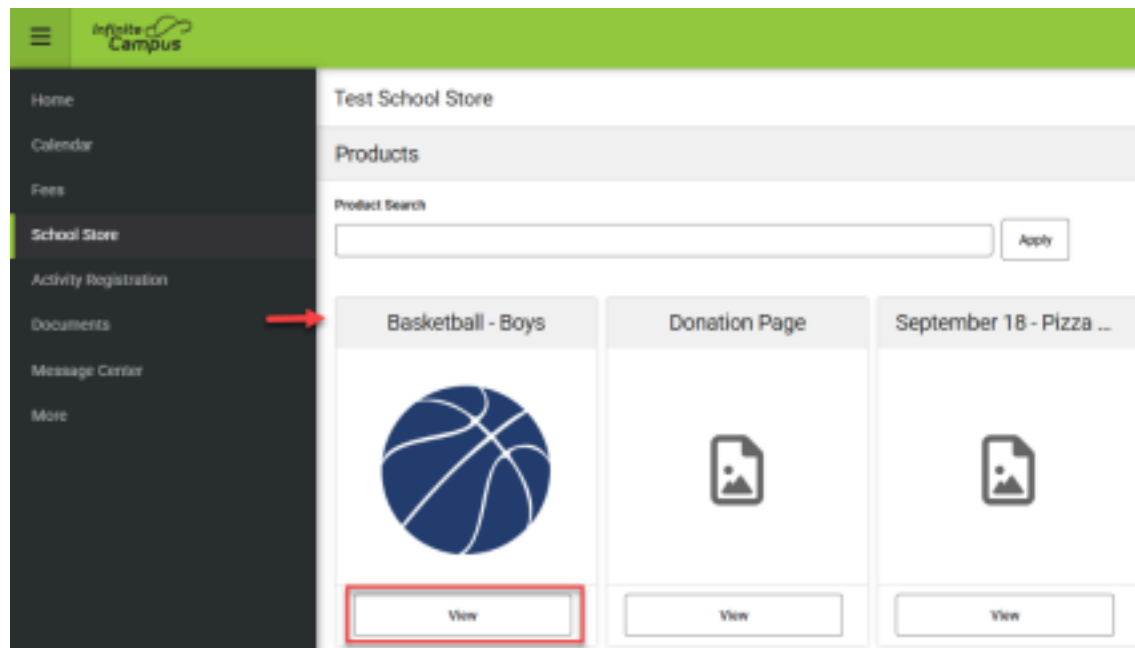


2. Choose the school where the activity is being held by clicking on the **Shop** button.




3. Choose the sport you want your student to participate in by clicking

on the **View** button.



4. Choose the student you want to register by clicking on the


Recipient drop down.



Registration Dates: 01/01/2025 - 01/31/2025

Activity Dates: 01/22/2025 - 02/28/2025

Recipient (Required)

 ❗ Recipient is required

Price

Quantity (Required)	Total Price
<div><div>1</div><div></div></div>	\$0.00

Required Forms

[Sports Permission](#) (Guardian)

Add to Cart

Close

5. Open the permission form by clicking on the **Sports**

Permission Form

Basketball - Boys



Registration Dates: 01/01/2025 - 01/31/2025

Activity Dates: 01/22/2025 - 02/28/2025

Recipient (Required)

ten test ▼

Price

\$0.00

Quantity (Required)

1 ▼

Total Price

\$0.00

Required Forms

Declining forms flagged with (Guardian) will prevent registration.

Sports Permission (Guardian)

GUARDIAN SIGNATURE REQUIRED

Add to Cart

Close

6. This will launch the **District 54 Interscholastics Sports Permission Form**. Please proceed to fill out the form, and click on the red icon to give your electronic signature.

test, ten *

Signature Page, page 1 of 1

Sports Permission

This electronic signature, for all purposes of legal documents, is the same as a pen-and-paper signature or initial.

Parent/Guardian Signature _____ Date _____

Parent Test

Printed Name _____

Click here to sign or decline

7. Click on the blue **Sign** button to complete the signature process

test, ten *

Signature Page, page 1 of 1

Sports Permission

This electronic signature, for all purposes of legal documents, is the same as a pen-and-paper signature or initial.


Parent/Guardian Signature _____ Date _____

Parent Test

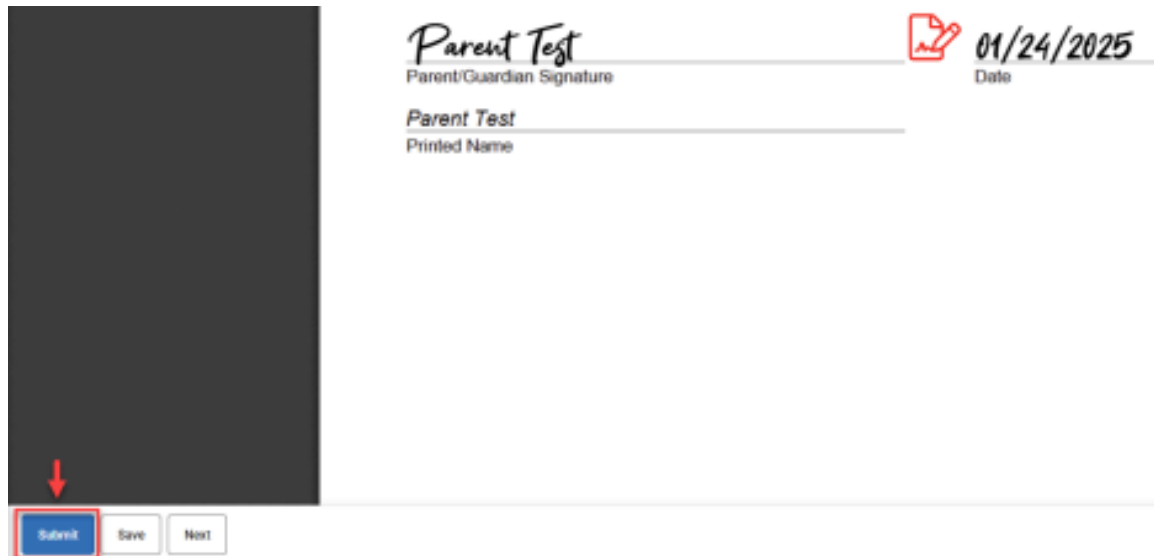
Printed Name _____

Sign/Decline Dialog x

Click Sign to agree or Decline to disagree. You can change your signature choice until you Submit the document.

 **Sign** Decline Clear

8. Once the form has been signed, please click on the blue **submit** button to submit the form.



Parent Test
Parent/Guardian Signature

01/24/2025
Date

Parent Test
Printed Name

Submit Save Next

9. At this point you will be directed back to the school store. Your sports permission form will be marked as completed as shown below. Please click on the **Add To Cart** button.

Basketball - Boys



Registration Dates: 01/01/2025 - 01/31/2025

Activity Dates: 01/22/2025 - 02/28/2025

Recipient (Required)

ten test

Price

\$0.00

Quantity (Required)

1

Total Price

\$0.00

Required Forms

Basketball Sports Permission (Guardian)

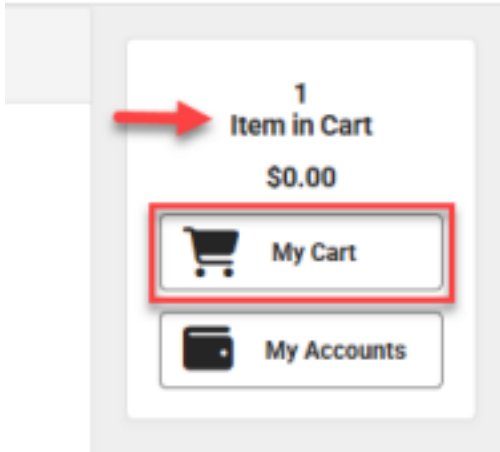
SIGNATURE COMPLETE



Add to Cart

Close

10. The item will be added to your cart.
Please click on the **MyCart** button to proceed to your cart.



11. The checkout screen will show a summary. It will show which sport you are signing up for and the name of the student you are signing up. Once you verify all the information is correct, click the blue **Submit** button.

A screenshot of a web application's checkout page. On the left is a dark gray sidebar with a menu. The main content area has a green header with a logo and a title "Back | Checkout". Below the header, there is a warning message about fees. A table lists items in the cart. Below the table, there is a "Total" section and a form for the email address for the receipt. At the bottom, there is a blue "Submit" button.

Home
Calendar
Fees
School Store
Activity Registration
Documents
Message Center
More

Back | Checkout

All fees must be paid in full. District 54 does not accept partial payments at this time.

Any optional fee will always be available to select, but please make sure you are selecting the correct school, year, and only pay 1 time. If you are unsure or want to confirm what payments you have made, please select payment history to view your payments.

STORE ITEM	NAME	QUANTITY	AMOUNT
Basketball - Boys - Basketball - Boys	1811, 1811	1	\$0.00

Total \$0.00

Email Address for Receipt
Must be a valid email similar to "user@example.com"

parents@sd54.org

Submit

12. Confirm submission by clicking the blue **Yes** button.

2025 Schedule

Tuesday August 26	First Practice
Thursday September 4	Parent Meeting at 3:30 in room 110
Tuesday September 9	Mead @ Keller
Thursday September 11	Frost @ Mead
Monday September 15	Addams @ Mead
Thursday September 18	Crusader Invite @ Addams
Tuesday September 23	LP and Mead @ Eisenhower
Thursday September 25	Keller @ Mead (reverse race order)
Tuesday September 30	LP and Frost @ Mead
Thursday October 2	Mead @ Addams
Thursday October 9	Eisenhower @ Mead
Thursday October 16	D54 Conference Meet @ Hoover