

HMS Cross Country
2016-2017 School Year

Welcome Athletes to Halls Middle School's Cross Country Team! We are excited to have you join us this season. Below you will find information regarding this season's event schedules, group run practices and other important information for this season.

Questions/Answers:

How long is the course?

The distance of the course for middle school boys and girls is 2 miles.

How often will we practice?

We will practice (as a group) a minimum of 2 times a week. We will meet as a group on Thursday's to practice after school and on Sunday's to participate in the Group Run* events at the scheduled courses. It is important to rest the day before and the day after our cross country meets.

What is the Group Run event?

We will participate in the Group Event on Sunday's. This will be a "easy run" that will allow you to preview the course that you will be running on Tuesday's event. Parents are allowed to participate in the run if so desired.

How much are membership dues?

\$40.00 per athlete. (\$27.00 Cross Country Registration Fee and \$13.00 Cross Country Club Fee).

Will we have uniforms?

Yes! Uniforms will be provided to the team that must be worn at the meets. At the end of the season (October 2016) you will turn your uniform (cleaned) in to Mrs. Branstutter.

We will also be ordering specialized T-shirts for our athletes this year!! Students may wear their "HMS Cross Country" T-Shirts to school on the day of our races (Tuesdays)!

How will I know if a race has been cancelled due to the rain?

Meet officials will be monitoring the course and the weather throughout the day. If there is a cancellation it will appear on the Knoxville Youth Athletics Website (www.knoxvilleyouthathletics.org) no later than 1:30PM the day of the meet. Cancellations will also be posted on Knoxville Youth Athletics Facebook page, on twitter (@KnoxYouthAth) or on our Facebook page (Halls Middle School Cross Country Team).

So, will I be running in the rain?

Yes! However, if there is lightning in the area the meet will be delayed for 30 minutes for weather to clear. If there is still lightning in the area, the meet will be delayed another 30 minutes. If after 2-30 minute delays and lightning is still in the area, the meet will be canceled and will NOT be rescheduled.

So, be prepared to run in rain and possibly through mud puddles (who's excited?!?!)

Do you provide transportation to the meets?

No. Athletes are responsible for their own transportation to/from the meets and practices each week. However, due to the LARGE number of people at the meets carpooling is advised.

What do we do the day of our meet?

We will meet under the Halls Middle School Tent. You will have to look for our banner hanging from the tent. You will be given your bib number-DO NOT SWITCH BIB NUMBERS WITH TEAMMATES. Each bib will have a radio frequency ID. ONLY PIN BIB ONTO SHIRT IN DESIGNATED SPOTS! Be sure to stretch before your run. Parents please bring your child a cool beverage to drink after their run!

You are free to leave after your race is finished. However, if you can, please stay and help cheer on the boys during their race. Most meets should be over by 8:30pm. *Any lost child (or parent) should report to the HMS Tent to be reunited.*

Cross Country Spectator Etiquette:

- Do not cross over a course boundary until the ENTIRE FIELD has passed.
- Do not touch course boundary markers!
- No fluids while the runner is running.
- No standing in front of the start or finish line. Stay behind roped off area which has been designated as spots for spectators.
- ALWAYS show respect to each other!

About the races:

Girls will race first. After the last girl crosses the finish line, the boys will then begin to line up. **Due to the large amount of spectators and heavy traffic, please allow yourself plenty of time to reach your destination and locate our tent.**

Please arrive no later than 30 minutes before the girls race is to begin.

Important Contacts:

Sherry Branstutter: (w#) 257-5832 or email sherry.branstutter@knoxschools.org

**** email best is the best way to reach me!****

Communications to parents/team will be made through Facebook. Please join us on Facebook @ HALLS MIDDLE SCHOOL CROSS COUNTRY TEAM

Knoxville Youth Athletics (Facebook, Twitter and website) for more information.

Cross Country 2016-2017 Schedule:

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|----------------|-------------------------------------------------------------|------------------|
| 8/25/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 8/28/16 | GROUP RUN @ VICTOR ASHE PARK | 5:00-6:00 |
| 8/30/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 9/ 3/16 | 1ST MEET @ VICTOR ASHE PARK | 12:00-2:00 |
| 9/ 4/16 | GROUP RUN @ COVE LAKE STATE PARK | 3:00-4:00 |
| 9/ 6/16 | 2ND MEET @ COVE LAKE STATE PARK | 6:15-8:30 |
| 9/ 8/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 9/11/16 | GROUP RUN @ WALTER STATE COMMUNITY COLLEGE | 4:00-5:00 |
| 9/13/16 | 3RD MEET @ WALTER STATE COMMUNITY COLLEGE | 6:15-8:30 |
| 9/15/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 9/17/16 | OAKES FARM GROUP RUN | 10am-11am |
| 9/20/16 | 4TH MEET @ OAKES FARM | 5:30-8:30 |
| 9/22/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 9/25/16 | JOHNSON UNIVERSITY GROUP RUN | 3:00-4:00 |
| 9/27/16 | 5TH MEET @ JOHNSON UNIVERSITY | 6:00-8:30 |
| 9/29/16 | PRACTICE AT HALLS MIDDLE SCHOOL | 3:45-4:45 |
| 10/4/16 | 6TH MEET @VICTOR ASHE** | 5:30-8:30 |

*1ST MEET TIME TBD-CHECK HALLS MIDDLE SCHOOL CROSS COUNTRY FACEBOOK PAGE

** QUALIFYING MEET. TOP 25 INDIVIDUALS WILL GO TO CHAMPIONSHIPS ON 10/21/16.

+ Boys race starts 30 minutes after Girls.

