



DPS CROSS COUNTRY 2019

Practices:

MON, THURSDAY- 2:40-3:45.

TUESDAY- AM 7:00-8:05 on the black top by the PE locker rooms

Students need to hurry and change and bring ALL Items out of the locker room. THEY WON'T be allowed back into the locker room after practice on Mon/Thursday. Pick up in back parking lot next to gym. Please pick up athletes on time.

PARENT MEETING THURSDAY, Aug 29th, 3:45pm. A Parent must attend:) WE are looking for volunteers for all meets especially for the FINAL (WE are helping to host)

Meet Days and Times might Change but here is what is tentatively planned Athletes will drive to meets ALL ATHLETES MUST RUN 3 RACES TO QUALIFY FOR the CHAMPIONSHIP.: THEY MUST CHECK OUT WITH A COACH and fill in their finishing time/place on the clipboard.

9/26- Woodland Park Middle School- 4:15 start

9/28- SCHOOL FUNDRAISER 5K- DOUBLE PEAK STRONG- Team name-<https://haku.ly/cae13d99> (Voluntary, doesn't count as 1 of the 3 races you must run in.)

10/3- SEMS- 4:15

10/8- TBA

10/15 SEMS 4:15

10/18 Possible Mt. Sac (if we have enough runners) in LA Bus provided- Leave early from school 10:30ish.

10/22 TBA

10/30- Championship at KIT CARSON PARK- 4:00pm still TBA

We might be heading to Poway for a race and a bus will be provided:) We will keep you posted.

Uniforms: Will be checked out to the athlete but must be returned or will have to purchase a new one

End of the Season Party: URGE Gastro PUB in San Marcos by CSUSM after the Championship race 10/30.

More info to come.

North County Middle School Cross Country League Fall 2019

Athlete Race Procedures:

1. An athlete needs to run a minimum of 3 NCMSXC races timed by Michael Hughes, to qualify for the XC championship. The following additional races will count as well: Mt. Sac and SMUSD Cup
2. Divisions & Race Order: Girls 6/7, Boys 6/7, Girls 8,; Boys 8.
3. Once an athlete is moved up in a division; the athlete may not be moved down.
4. Move-Up deadline is October 5th. No move-ups after deadline.
5. Timing & Results will be provided by Michael Hughes.
6. Championship: Awards - Medals 1-20 6th/7th, 1-20 8th.
7. Trophies- Top 3 teams per division.

Meet

Fees & Policy

\$5 per athlete League Fee for non-hosting schools (TBD)

2. Fees will cover: Park Facilities, championship awards, administrative expenses.
3. Teams not hosting a meet will provide 4 adult volunteers to assist at one meet during the season. This will be coordinated through the cross country league in advance.
4. The check for League fees will be due following your first meet payable to (TBD)
5. Questions/Concerns: Hillarie Coleman < hillarie.coleman@smusd.org >

Submitting Rosters:

Prior to the first meet of the season (by 9/21), team rosters will need to be emailed to Michael Hughes. Rosters should include school names. You may submit the runners' names.

You can use MS Notepad to create a .txt file or MS Excel or MS Word. If the list is short, you can just list the names in an email.