

# Cross Country - 2017

Lincoln Catholic Athletic League

## 7th and 8th Grade Boys and Girls



### Season

- A 6-week season beginning at the end of August, ending in mid October.
- Practice may begin **August 24, 2017**.
- Coaches will conduct 60 minute practice sessions up to 3 days each week.

### Meets

- There will be 3 cross country meets the last 3 Saturdays of the season.
- Participants will compete in a **2 mile** cross country race.
- Meets will take place at a variety of Lincoln parks
- 7th and 8th **Girls** run at 9:00 a.m. / 7th and 8th **Boys** run at 9:30 a.m.

### 2017 Cross Country Catholic League Series - St. Sebastian

**Meet 1** - St. Padre Pio - September 23rd - Seacrest Park

**Meet 2** - St. Francis of Assisi – September 30th - Pioneers Park

**Meet 3** - St. Faustina - October 7th - Roper Park

*\* Rain Date: October 14<sup>th</sup> – Seacrest Park*

### Teams and Scoring

- 7th and 8th Grade will compete in the same division.
- Boys and Girls will compete separately.
- All cross country members from each school may participate in the races.
- Top 4 finishers from each team (school) are counted towards team score.
- The place that the participant finishes in, is added to the overall team score, as long as said participant is within the top 4 finishers on their team:
  - A perfect score is 10 (1 + 2 + 3 + 4 = 10)
- All participants wear a name tag pinned on the front of their jersey. At the end of the race, the name tags are removed in the order of finish, and used for team score tabulation and individual results.

## Awards

- The top **10 boy and girl individuals** will be awarded at EACH MEET.
- **Overall Awards** will be given to the top **3 teams** and top **5 individuals** at the last meet of the season. (Boys and Girls separately)
  - Team (School) Awards - will be given as a result of points earned for the entire season. (all 3 meets will count).
  - Individual Awards - will be given as a result of points earned for the entire season. (all 3 meets will count)
    - Tie-Breaker: in case two participants have the same number of points, the overall best time of the season will be determined the tie breaker.
  - Participation: Individuals who do not participate in all 3 meets will still qualify for individual awards.

## Schools

- Schools will be charged per participant.
- Fees will cover the following:
  - Insurance
  - Cost to use Lincoln Parks and Rec.
  - Equipment / Supplies
  - First Responder (medical support)
  - Awards
  - Portable Toilets
  - Cross Country Director stipend
- Schools will also supply 2 volunteers to help at each meet. Volunteers must be high school age or older. School A.D.'s **must** provide volunteer names to Cross Country Director (Ivan Ivanov - ivan-ivanov@cdolinc.net) via email **1 week prior to each meet.**
  - Duties of volunteers:
    - Set-up course
    - Organize participants at starting line
    - Record times
    - Record participants name tags at finish line
    - Take down course
    - Clean up

## Coaches

- A Training Program will be available as a guideline for practices and preparation for the meets. Please ask your Athletic Director for more information.
- A 'What To Expect' for the day of the meets will be available via the website as a guideline for coaches, athletes, parents, and spectators.

Contact Information: Cross Country Director – **Ivan Ivanov** – [ivan-ivanov@cdolinc.net](mailto:ivan-ivanov@cdolinc.net) – 402-327-0005

**School / Individual Sign Up:**

**A new website has been set up for simplified school / individual sign-up. Athletic Directors and Coaches, please sign up your teams / individuals using the following steps:**

**\*\* These steps will be explained and gone over at the *pre-season Cross Country meeting on September 7th, 2017*. Please bring your laptop and team rosters to this meeting. \*\***

**Hosting School:** Cathedral of the Risen Christ

**Meet:** XC Lincoln Catholic League Series (#1 , #2 , #3)

Meet 1: Saturday, September 23rd

Meet 2: Saturday, September 30th

Meet 3: Saturday, October 7th

**Division:** Middle School - Class A

**Site:** Seacrest Park, Pioneers Park, Roper Park

1. Go to: [athletic.net](http://athletic.net)
2. Click: Sign In
3. Click: Don't Have An Account? **Sign Up**
4. Create an account for your school by searching for it.
5. Once you have account set up, select: + Add A Meet
6. Search for 'Lincoln Catholic Schools Series 1, 2, or 3, or find by date:  
(see meet dates above)
7. Click your school to add to that meet
8. Select: 'Add Athletes To This Meet' / or 'Register Athletes'
9. Select existing members to roster / or / + Add an Athlete
  - Select Middle School Division