



Cross Country Info Sheet

THE FIRE CROSS COUNTRY CLUB is excited to offer 1st through 12th graders an opportunity to participate in Cross Country. Our focus will be on fitness, fun and training to participate in meets. Cross Country meets will include Fire Sponsored meets, local meets and the USA Track & Field State Meet held in Early November, with the opportunity to advance to Regionals (late November) and Nationals (early December). The Fire will also compete in the YES and IYTA youth xc series. This will be a great introduction to Cross Country or an opportunity to expand and extend the Cross Country season offered by local schools. The full meet schedule will be available on the club website, which can be found under the program tab at myathletics.com, prior to the season. We encourage Fire Athletes to participate in their school cross country programs during the season and run with us once their school program concludes.

When

Sept 1st through early November, with Regional and National qualifiers able to compete into December. All ages practice Monday and Thursday's 6 PM to 7:30 PM, and Saturday Morning's 9:00 AM to 10:30 AM.

Where

Most practices are held at Riverside Intermediate/Junior High School however other locations will occasionally be utilized within the district.

Events

8 & under 2000 meters; 9 & 10 and 11 & 12 year-olds 3000 meters, 13 & 14 year-olds 4000 meters, 15-18 year-olds 5000 meters.

USATF age groups (AGE IS DETERMINED AS OF DECEMBER 31)

8 & UNDER; 9 & 10 YR OLDS; 11 & 12 YR OLDS; 13 & 14 YR OLDS; 15 & 16 YR OLDS; 17 & 18 YR OLDS

Cost

1st through 12th graders, \$125.00 includes Fire uniform and participation in Fire Sponsored meets.

7th thru 12th graders and high school (half season), \$90.00, includes Fire uniform and participation in Fire Sponsored meets.

Additional Costs

Athletes will be responsible for all travel plus the costs to enter non-FIRE sponsored meets.

Please note that membership in USATF/Y.E.S are optional.

-Non-Fire events fees are approximately \$10.00-\$20.00 per event.

-YES membership \$10.

-YTA membership No cost.

-USATF membership \$20

Parental Volunteering

Parents will need to contribute 1-2 hours of volunteer work during each of our 2 home meets

Additional Information

Information is also available at www.fishersfire.info. Further inquiries can be made by email at fishersfire@gmail.com.

THE FIRE TRACK/XC Club