



SANTA CLARA COUNTY
MIDDLE SCHOOL

Cross Country Championships

Tuesday, October 17, 2017
Montgomery Hill Park, San Jose

Time Schedule

3:45	6 th Grade Girls
4:10	6 th Grade Boys
4:35	7 th Grade Girls
5:00	7 th Grade Boys
5:25	8 th Grade Girls
5:50	8 th Grade Boys

Please note that we will not be holding an individual “Champions Race.” This is so that teams can run together and compete for the grade level team championship. We are confident that this format will also produce six outstanding individual races.

Entries

If your league has qualifying guidelines for the County Championships, please follow them. If you are not part of a league, please use your own judgment as to whether to enter a team or individuals. Generally, if your team would be in the top two or three of a league, or if you have individuals who would be able to finish in the top 15-25 of a league meet, you should consider entering.

Teams will be limited to 7 runners per race. If you have fewer than 5 runners in a race, they may run as individuals, provided they meet the criteria described in the above paragraph. All

runners must be students at your school. If you have a younger runner from another school that will not otherwise be able to compete, the runner may enter as an unattached individual. That runner will not count in the team scoring. Runners can be entered in a higher-grade level than their actual grade at your discretion (in order to fill out a 5-person team, for example).

In order to enter, please send an e-mail to Peter Jensen, Meet Director, at pjensenj3@gmail.com, detailing the number of runners you are entering in each race. We will not be using athletic.net for entries. **Entries are due no later than Friday, October 13, 2017.**

Entry Fees

No entry fees will be required, but a \$20 donation to help defray the cost of awards would be much appreciated. Checks can be made out to Willow Glen Middle School, and can be mailed in advance or given to Peter Jensen on the day of the meet.

Runner Identification

Please complete a 1" x 2 5/8" label for each runner. The label should contain the runner's full first and last name, school, and race (8B for 8th grade boys, 8G for 8th grade girls, etc.). The runner will wear the label on his or her uniform, and will be asked to remove it in the finish chute for placement on our finish boards. Results will be displayed after awards are presented.

Scoring

Only runners who are part of a full team (at least 5 runners) will count in the team scoring. The total of the places of the first 5 runners will be added to produce the team score; 6th and 7th runners will count to displace others. Low score wins.

Awards

The top 10 individuals in each race will receive medals, and the winning team will receive a trophy.

Course

The Montgomery Hill course is a hilly 2.2-mile loop on dirt trails. In the unlikely event that there are runners who are unable to complete the course within 25 minutes, they will be asked to run on the side of the trail so as to make room for the runners in the next race.

Other Logistics

If you are able to offer help with course monitors, timing, and/or finish line management, please contact Peter Jensen at pjensenj3@gmail.com. Also, please contact Peter with any questions or concerns you may have.