

Frequently Asked Questions about Cross Country

What is cross country?

Cross Country is a sport where a runner runs a 2.0 mile course covering various types of terrain; hills, flat surfaces, fields and in the woods. We will train our athletes to be strong physically and mentally to handle any 2 mile course.

Why should a student run cross country?

Everyone makes the school team, who practices with the school team. Everyone will run in the meets and invitationals, ***after they have trained for at least 10 days***. The top runners can receive metals, ribbons, and trophies, while all runners can receive a ribbon for participation at most invitationals. Cross country is a great form of cardiovascular exercise and is healthy. It is also a great place to start the new school year with at least 50 new friends, and help build confidence and self-esteem.

When are the races?

Cross country meets are typically Tuesdays and Thursdays. However; our conference meet is on a Monday as is the city championships. As with any sport, there can be changes during the season, if this happens we will notify parents ASAP BY E-MAIL.

When is practice, and what time do they practice?

All times of practice and meets will be on a calendar. Team practices Monday - Thursday will be at FMS from 3:00 – 4:30. Friday's practice will be held at our home course, at Harbin Park from 3:45 – 5:00. FMS will provide transportation only to Harbin Park. Parents are to pick up their runner from Harbin Park.

What are the Transportation plans on meet days?

FMS will transport the runners to and from all meets and invitationals. However, parents are strongly encouraged to pick up their son or daughter after their race. All you have to do is sign your runner out and you can take them home. An average cross country meet can last 2 ½ to 3 ½ hours.

How many teams does FMS have?

FMS has 4 teams;

8th grade girls

8th grade boys

7th grade girls

7th grade boys

How are the teams decided?

This part is great! The seven fastest runners from each grade level will compete in the main races. This part is great too.....if you are not in the top 7, there is an open race at the end for all the runners to compete in!

How is scoring determined in a race?

The top five finishers from each team score points for their team. Points are awarded by what place the runner finishes, so the lower the team score the better.

What do I wear for practice?

Shorts, t-shirt, socks, good running shoes, and a water bottle with your name on it, and you may want to put on sunscreen before arriving to practice in the summer. Spikes are not necessary at the junior high level, the runner may cause more damage to themselves.

What are good running shoes?

Trendy shoes do not mean good running shoes. If you are serious about running, go to a running store where they can watch you run, evaluate your stride and see which shoes best fits your running style.

What paperwork do I need to bring to the first practice (August 9th)?

All Sports Information Pack must be completed along with the physical examination form. The packet is available at FMS during the summer business day hours.

Proof of a physical examination must be turned in before participation can begin.

The students school ID #

\$70 dollars in the form of cash, check or money order, made payable to Fairfield City Schools.

Parent email contact form