

# CCCYO ATHLETICS CROSS COUNTRY RULES

Participants must be pre-registered on TeamSideline. There are NO RACE DAY REGISTRATIONS. All participants must be registered with a participating program/parish.

Only student-athletes are allowed to run the course during the race. Coaches, parents, siblings, and spectators are NOT allowed to run with a participant. They may cheer and encourage the participant along the course but may not run with a participant. Violations of the rule will result in the disqualification of the participant.

## COMPETATIVE MEET

**Date:** SUNDAY, NOVEMBER 3, 2024

**Location:** Crystal Springs Cross Country Course

### **Race Times and Distances:**

12:30 – 1:30 PM	1.1 mile	3 <sup>rd</sup> -5 <sup>th</sup> Grade
1:30 – 2:30 PM	2.2 miles	6 <sup>th</sup> –8 <sup>th</sup> Grade

**NOTE: This competitive race will conclude with awards and posted results.**

### **VOLUNTEERS:**

Every participating program with 10 or more runners must be accompanied by one (1) volunteer for each grade grouping (3<sup>rd</sup>-5<sup>th</sup> or 6<sup>th</sup>-8<sup>th</sup>).

### **AWARDS:**

Each individual participant receives a medal for finishing the race.

Top five (5) finishers receive a medal.