

Helpful Cross Country Meet Tips



Scoring

In a cross country meet 5 people from each team score.

A 6th runner is used to break ties in scoring. The lowest placing 6th runner wins the tie-break.

7 runners will usually make up a full team.

Types of meets

Most of our meets are Invitationals. These have many schools competing. Typically there is a F/S level, Junior Varsity Level, & Varsity Level. Some formats have Freshmen only levels, Sophomore only levels, Open levels (anyone can run).

Types of meets

We have dual meets where there are only two schools competing head to head. The scoring is based off of the place of finish. A perfect score is 15-50 meaning that one team placed 1st, 2nd, 3rd, 4th, 5th, 6th, & 7th. If one team is able to place 1st, 2nd, & 3rd then they win as it is mathematically impossible for them to lose.

Triangle (3 teams) and Quad (4 teams) meets are another variation. They are sometimes scored like an invitational or can be scored as a double or triple dual.

Types of meets

Flight Meet - 7 runners score. All number 1 runners on a team run against each other, all number 2 runners against each other, all the way down to the number 7 runners. There will be 7 separate races. It is scored like an invitational.

Flags

Blue = Straight ahead

Red = Left turn

Yellow = Right turn

Line = Stay within 5 feet of a line

Double line = Stay in between the lines

Spike Length

The boys will want to wear $\frac{3}{8}$ " spikes in their shoes on cross country courses.

When our team arrives at a meet

We find a team “camp” spot

The team needs stay together while we distribute race bibs/chips. They are not to leave the site at this time.

The boys may use the restroom after we distribute race bibs/chips.

The boys should stay near the team camp during the meet.

They need to pay attention to announcements, event calls, and the meet.

The meet

The boys must warm-up with the team.

Warm-up at the proper time (typically 1-hour before race-time). They should be checking in with the coaches throughout the meet.

The meet

After you race the boys are to wait near the finish area for the coaches.

The first people that they are to go to are the coaches. They are not to go to their parents, friends, girlfriend, etc.

The coaches have important feedback for the team immediately following the race.

Post Race

In XC every athletes will have one race and then they're done competing for the day. Their job after their race is to cool down and then cheer for their teammates and/or maybe take splits for the other races.