



Montgomery County Public Schools  
~ Middle School Cross Country ~  
How to Direct a Cross Country Meet  
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Prior to the Meet:

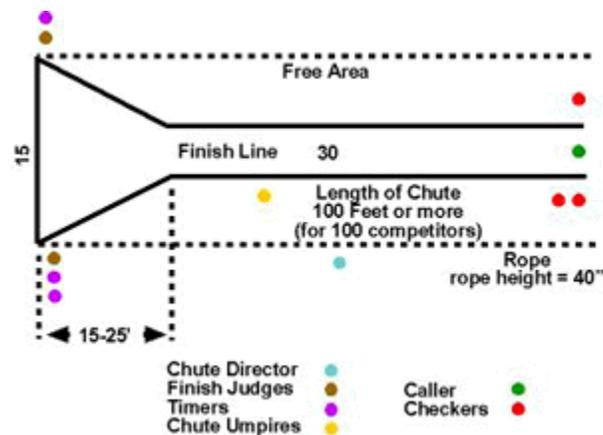
✓ [Measuring the Course](#)

1. Determine starting line location.
2. With a measuring device (wheel, bicycle, GPS, etc) measure the course to be 2500 meters or 1.5 miles. Note: 1.5 miles = 2414 meters
3. For ease of management, the starting line and finish line should be near to one another.

✓ [Marking the Course](#)

1. The course may be marked by a solid line or with signs clearly marking the path of the course.
2. A sign marking each half mile (800 meters) of the course is recommended.

✓ [Finish Line](#)



1. A chute should be set up according to the diagram above.
2. The course should end with a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel. The funnel should narrow to about 30 inches for about 100 feet.
3. Officials at the finish line should include at least one timer and 2 place pickers (judges). A finish recorder should be at the end of the chute.

DAY OF THE MEET

**Visiting team**

On arrival – walk/jog the course to familiarize yourselves

Stretch, striders, and be sure to be at the start line 5 minutes before the start of the race.

**Home team**

Be sure to have the course marked before the visiting team arrives.

Have your volunteers arrive 15 minutes before the start of the race to ensure that they know their duties.

Provide water/Gatorade in a cooler at the finish line area.

Calculate the results and give a copy to the visiting team before they leave.

## VOLUNTEERS AND THEIR DUTIES

### Starter:

Line up the athletes alternating the team members.

Once they are lined up – give two commands:

“To your mark:

“Go” (using a whistle, gun, or audible/visible command)

Watch to make sure that all the runners get out “okay” in the first 100 meters of the race. If someone falls, the starter calls them back, re-lines them up, and starts again.

### Course Marshall:

It is recommended that a course marshall is present at every turn to direct the athletes.

### Finish Line timer:

Start the watch when the race begins.

Stand directly at the finish line.

Every time an athlete crosses the line, they will record the time.

They will hand the timing sheet to the recorder.

Clear the watch and be ready for the next race.

### Recorder:

Stand at the end of the chute.

When an athlete comes to the end, write down the last name and school in order of finish.

Take the time sheet and match up the times with the order of finish sheet.

### Finish line placer:

There should be 2 at the finish line.

Stand at the finish line.

Watch the runners finish and if the race is close, it is your duty to determine which runner was first across the line and make sure that they stay that place in the chute.

## WORKOUT IDEAS

Distance runs – longer, sustained pace run that is at least twice the race distance.

Interval training – pre-determined distances that are run at a specific pace. Once they are done with the distance there should be a pre-determined rest period. Then, repeat. (ie 4 x 400 meters with 2 minutes in between)

Fartlek – while running a distance run, throw in up tempo sections. (i.e. run hard for 60 seconds, jog for 60 seconds, run hard for 60 seconds, repeat. Or, run hard from telephone pole to telephone pole....)

Hill repeats – find a decent size hill. Run hard up the hill, jog down, repeat.

File Run – have the kids run in a straight line. The kid in the back sprints to the front. Once they have reached the front, the kid who is now at the back sprints to the front. Repeat for a specified distance.

*\*\* with only 2-3 days of training a week, main focus will be on distance runs and team bonding\*\**

## Cross Country Scoring Scenarios

1. The first five runners from each team will count in the scoring.
2. The sixth through twelfth finishers of that team do not score.
3. The sixth through twelfth runners are “displacers”. They do not give points to their team. (scenario 2)
4. If a team has less than 5 runners, points are awarded to that team after the 5th scoring runner from the other team finishes. (see scenario 3)

### Scenario 1

Each team has 12 runners.

Team A runners place: 1, 3, 5, 7, 9, {11, 13, 15, 17, 19, 21, 22}

Team B runners place: 2, 4, 6, 8, 10, {12, 14, 16, 18, 20, 23, 24}

Team A runners earn points:  $1 + 3 + 5 + 7 + 9 = 25$  points

Team B runners earn points:  $2 + 4 + 6 + 8 + 10 = 30$  points

Team A wins the meet.

*\* in this scenario, the displacers (#6-12) did not affect the score because they did not finish ahead of either teams first 5 scorers.*

### Scenario 2

Each team has 12 runners.

Team A runners place: 1, 2, 3, 4, 5, {6, 7, 8, 9, 10, 21, 22}

Team B runners place: 11, 12, 13, 14, 15, {16, 17, 18, 19, 20, 23, 24}

Team A runners earn points:  $1 + 2 + 3 + 4 + 5 = 15$  points

Team B runners earn points:  $6 + 7 + 8 + 9 + 10 = 40$  points

Team A wins the meet.

*\* in this scenario, the displacers from Team A (#6–10) DID affect the score because they finished ahead of Team B’s first 5 scorers. They added points to Team B.*

### Scenario 3

Team A has 12 runners, Team B has 3 runners.

Team A runners place: 4, 5, 6, 7, 8, {9, 10, 11, 12, 13, 14, 15}

Team B runners place: 1, 2, and 3

Team A runners earn points:  $4 + 5 + 6 + 7 + 8 = 30$  points

Team B runners earn points:  $1 + 2 + 3 + 9 + 10 = 25$  points

*\* in this scenario, “ghost runner” points are awarded to Team B to give them 5 “scored runners”.*

# Middle School Cross Country Meet Final Result Sheet

Date: \_\_\_\_\_ Course Distance: \_\_\_\_\_ Weather Condition: \_\_\_\_\_

Home School											Visiting School										
	Name				Jersey #	Place	Time		Name				Jersey #	Place	Time						
Boys:							Min	Sec							Min	Sec					
1																					
2																					
3																					
4																					
5																					
6						x								x							
7						x								x							
8						x								x							
9						x								x							
10						x								x							
11						x								x							
12						x								x							
Home School											Visiting School										
	Name				Jersey #	Place	Time		Name				Jersey #	Place	Time						
Girls:							Min	Sec							Min	Sec					
1																					
2																					
3																					
4																					
5																					
6						x								x							
7						x								x							
8						x								x							
9						x								x							
10						x								x							
11						x								x							
12						x								x							