

## 7TH AND 8TH GRADE CROSS COUNTRY

1. The cross-country commissioner will be in charge of all cross-country meets for the Boise Schools.
2. There will be two separate races and the order will be:
  - A. 7th and 8th grade girls - 3000 meters (3K)
  - B. 7th and 8th grade boys - 3000 meters (3K)
3. All participants will be timed.
4. 7th and 8th graders may not compete or run in the same event as 9th graders.
5. Boys and girls will not run together.
6. **All runners must be in school issued uniforms.** A uniform consists of a jersey and shorts. Any other visible apparel must be of a single color and worn under the uniform jersey or shorts. Undergarments worn under the jersey or shorts do not have to be the same color. Extenuating circumstances are under the jurisdiction of the coaches and the commissioner.
7. There will be no consideration given for any runner missing the start of the race for any reason.
8. The host school or commissioner will provide a map of the course, which will be mailed out at least two (2) days prior to the meet. Results will also be tallied and mailed out the day of the following meet. A Cross Country Commissioner will be in charge of all cross-country meets for the Boise Schools.
9. Ribbons will be awarded to the first 10 finishers in each division. Ribbons will also be awarded to the first three (3) 7<sup>th</sup> grade runners in each division. Please encourage the participants to be present for the short ribbon ceremony at the end of the meet.
10. Official times for records will only be kept and recorded at the city meet held at Ann Morrison Park at the end of the season.

### SCORING

1. A team will consist of four runners. The team score shall be determined by totaling the places of the first four finishers of each team. Schools with less than four runners will be disregarded in the team scoring.
2. Each contestant will wear a tag with his/her name, grade and school. The tags will be provided. The tags will be collected in order of finish at the end of the chute. The tags will then be given to the recorder.

## COURSE RECORDS

Official times for records will only be kept and recorded at the city meet, which is held at Ann Morrison Park.

### Course Records

Name	Grade	School	Time	Year
Kyle McAllister	8 Boys	Hillside	16:14	1999
Leanne Spinazola	8 Girls	Hillside	17:07	1999
Frank Eanes	7 Boys	Les Bois	15:56	1999
Maddie Coffman	7 Girls	North	17:22	1999

## 9<sup>th</sup> GRADE CROSS COUNTRY

1. Starting time for the 9<sup>th</sup> grade races will be approximately 4:30. Race order: 9<sup>th</sup> Boys, then 9<sup>th</sup> Girls
2. Girls and boys must run separately.
3. The distance will be 4000 meters (4K) for both boys and girls.
4. **All runners must be in school issued uniforms.** A uniform consists of a jersey and shorts. Any other visible apparel must be of a single color and worn under the uniform jersey or shorts. Undergarments worn under the jersey or shorts do not have to be the same color. Extenuating circumstances are under the jurisdiction of the coaches and the commissioner.
5. There will be no consideration given for any runner missing the start of the race for any reason.
6. All runners will be timed and recorded. Team scores will also be recorded. A team consists of four runners. The team score shall be determined by totaling the places of the first four finishers of each team. Schools with less than four runners will be disregarded in the team scoring.
7. The host school or commissioner will provide a map of the course, which will be mailed out at least two (2) days prior to the meet. Results will also be tallied and mailed out the day of the following meet. A Cross Country Commissioner will be in charge of all cross-country meets for the Boise Schools.
8. Ribbons will be awarded to the first 10 finishers in each division. Please encourage the participants to be present for the short ribbon ceremony at the end of the meet.
9. Official times for records will only be kept and recorded at the city meet held at Ann Morrison Park at the end of the season.

### Course Records

Name	Grade	School	Time	Year
Aaron Buchanon	9 Boys	Hillside	19:14	1999
Sara Studebaker	9 Girls	North	23:34	1999

**2010 CROSS COUNTRY SCHEDULE**  
**7th, 8th, 9th Grade**

Coaches Critique Meeting: Wednesday, September 1, 2010 (Board room – 6:45 a.m.)  
Practice can start August 16, 2010

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**MEETS**  
**(9<sup>th</sup> GRADERS MUST HAVE 10 PRACTICES)**

Thursday, September 9<sup>th</sup> – Hillside Jr. High (7/8<sup>th</sup> graders 1.5 miles, 9<sup>th</sup> graders 2 miles)

Thursday, September 16<sup>th</sup> – Ann Morrison Park (City Meet Preview)

Saturday, September 25<sup>th</sup> – Bob Firman Inv. (7/8<sup>th</sup> graders 3K, 9<sup>th</sup> graders 5K)

Thursday, September 30<sup>th</sup> – Simplot Field / Columbia Village

Wednesday, October 6<sup>th</sup> – Camel's Back Park

Thursday, October 14<sup>th</sup> – CITY MEET @ ANN MORRISON PARK

8/16/10

**2010 Bob Firman Cross-Country Invitational**  
**Sponsored by Bishop Kelly, Boise, Borah, Capital and Timberline High Schools**

For more information, please refer to [www.runnerspace.com/BobFirman](http://www.runnerspace.com/BobFirman)