

Hunter Cross Country 2023

1. There will be a mandatory Athletic Participation Fee of \$25.00 for the first sport all student athletes participate in during the 2023-2024 school year
 - a. There will be a \$25.00 mandatory Cross Country Fee for all runners.
 - i. This fee will help cover the cost of participating in TMSAA sectionals, any invitational meets we may participate in, first aid supplies, and things such as marking paint, course supplies, and various other items needed throughout the season.
 - b. Both of these fees are payable from the school website or may be paid by separate checks with Athletic Participation Fee/Students name and Cross Country Fee/students name in the memo line of each check
 - c. Fees must be paid by 8/17 if other arrangements need to be made please reach out to Coach Bacon before 8/17 via email at bacon_e@hcde.org
2. Uniforms: must be purchased through the Sports Spectrum online store - this uniform can also be used for Hunter Track & Field in the spring and will be able to be used the entire time your runner is at Hunter so long as it still fits.
 - a. Jersey and shorts must be purchased
 - i. Store code is:
 - ii. Once the store closes it will NOT be reopened - this is due to ordering/printing times and having to have uniforms to us before the jamboree. The store will close on
3. In order to be eligible for an All-County designation runners must have competed in all 4 regular season meets - those listed on the calendar as Meet #1-4. There is no exception to this rule. Top 15 overall runners will be All-County certificates boys/girls.
4. There will be more information on possible invitation meet opportunities as the season arrives.
 - a. Invitational meets may or may not be open to entire teams - this is determined by the host school for the meet. As an example at some invitationals teams are only allowed to bring their top 5-10 runners.
5. The Cross Country course will be different this year for those who are returning runners.
 - a. We are now aligned with TMSAA as a district for Cross Country.
 - i. This is the reason for earlier start times and the addition of Sectionals/State to our schedule.
 - ii. The course at Chickamauga Dam will now be a 2 mile course which is the standard distance for all middle school cross country courses in the state, sectionals, and state.
 1. Sectional and state dates will be sent out on Remind as soon as they are finalized on the state level.
 2. Our sectional will be held at the Woodland Park course in Chattanooga.
6. Remind: Parents/guardians must sign up for Remind. This is a requirement as this is how I will send out all information RE: weather cancellations, schedule changes, or anything that needs to be sent out to families. Remind instructions are a separate page.

7. There will be no entry gate for meets held at Chickamauga Dam.
 - a. There will be concessions sold during meets held at Chickamauga Dam these sales will be cash only and may or may not be present at every meet.
8. No parents or runners are allowed to loiter in the finish line area.
 - a. This is the area within the yellow or orange tape/stakes/cones
9. If there is an issue on the course please contact Coach Bacon - if something needs to be discussed with another coach that needs to be done through me rather than parents approaching coaches who are working the meets.
10. If your runner is injured on the course please let me know before you leave so that an accident report can be filed.
11. Coaches are required to work each district meet and do minimal coaching - this is to ensure runner safety on the course. My typical area of responsibility is closing off traffic at the entrance to the main parking area.