

Boys and Girls Cross Country 2017-2018 School Year

Coaches:

Head Coach: Unknown

xxxxxxxxxx@indianola.k12.ia.us

Asst Coach: Jill Oliver

jill.oliver@indianola.k12.ia.us

General Information:

- Updated Concussion and Physical forms are required on file prior to the first day of practice. Student athletes should still attend practice as non-participants if they do not have forms completed.
 - All sports at IMS are No-Cut based on athletic abilities. We would like to encourage all student athletes that want the opportunity, to participate in school sports. Students interested in a sport should attend beginning at the first practice date. Students will only be eliminated from teams for gross misconduct or refusal to follow behavioral expectations.
 - Please promptly pick up your student athletes adjacent to the gymnasium doors on the northeast corner of the building. Students will exit from the Fieldhouse gym doors.
 - Practices will run from 3:20-4:40.
-

Cross Country: Girls and Boys 7th/8th grade

Practices: 3:20-4:40 (Tee-shirt, shorts, tennis shoes)

Schedules: <http://www.littlehawkeyeconference.com/public/genie/206/school/645/>

Season: August-October

Each school is responsible to schedule a maximum of 7 meets for boys and 7 meets for girls as established by the Girls Athletic Union and the Boys Athletic Association. Meets run at the beginning of a high school meet and start at 4:15 p.m. during September and 4:00 p.m. during October. There are separate races for girls and boys (two races). Schools are allowed to have unlimited entries, with the top five finishers from each school used to determine school standings, if desired. Guidelines and rules established by the Girls' Athletic Union and the Boys' Athletic Association are followed.