



2026 Youth Cross Country PROGRAM INFORMATION

Days: Wednesdays

Meet Dates: 9/16 – 10/7 + **10/14 Ribbon Meet**

Times: Events will start at 4:00 PM sharp. Runners will need to be checked in, warmed up, and ready to begin by 3:50 PM.

Location: Cross Country Meets will take place at Riverbend Park next to Big Bear Pavilion.

Proposed Distances: *(Course maps on website)*

- K / 1st 0.35 Miles
- 2nd/3rd/4th 0.75 Miles
- 5th / 6th 1.3 Miles
- 7th / 8th 2.6 Miles

Fees \$21/runner (season)

Registration:

- **School/After-school Program Teams:** Any teams interested in participating must submit a Cross Country Team Registration on TeamSideline. Registration opens on Tuesday, August 4. Registration deadline is Friday, August 21, or when leagues fill - whichever comes first. Registration is limited and is on a first come, first serve basis. Schools/sites will be billed after the season has ended

- **Free Agents:** Runners whose school does not have a team or who are homeschooled may register as a Free Agent. Register your individual runner through Rec Desk. **Do not register through TeamSideline.**

Player Forms & Team Roster:

All runners must turn in an FRRPD Youth Sports Registration form and a Youth Sports Player/Coach/Spectator Code of Conduct AND be on the Team Roster in order to be eligible to run. A Team Roster must be filled out by coaches/schools and submitted before the first meet. All forms should be emailed to jennaw@frrpd.com or brought in person to the staff prior to the first meet. No forms, no run!

Meet process:

Flags/cones/course supervisors will mark the course(s).

Coaches must check in with FRRPD staff at the Bear Rock Pavilion between 3:30-3:45 pm before each meet.

Runners will be sent out by grade levels starting with the youngest group first.
A coach/volunteer will lead the K-1st-2nd runners through the course.

Participants must be part of a school/program team, and each team must have a coach present.
Free agent runners must have a parent or responsible adult present.

Girls and boys will run in combined heats. For the Ribbon Meet, runners will be scored separately by gender and grade.

Runners must wear a runner's bib number (provided by FRRPD.) Runners will receive a runner's bib that they will wear for the entire season. The bib number must be pinned to the front of the runner's shirt. Be sure to keep the bib number and wear it each week!

Volunteers/parents are responsible for getting the times of their runners and will then report to the FRRPD staff member who will then record times for the appropriate runners.

Volunteers:

Each school must provide a minimum of one volunteer to assist with course supervision and/or timing. Teams with more than 14 participants will be required to provide 2 volunteers.