



2024 Elementary Youth Cross Country Series

OVERVIEW

The Chattanooga Track Club offers a 1-mile cross country course race series held at Camp Jordan open to all 3rd, 4th, and 5th grade students in the Chattanooga area (including North GA). The cost is \$5 per student for the entire season. Coaches must provide payment for the entire team by cash or check (one check for the entire team preferred) and ALL signed 2024 season waivers filled out by parents or guardians of individual students prior to racing at the first meet. Receipts will be provided via email at coach or parent request.

CONTACTS / COMMUNICATION

Please feel free to contact YouthXC@ChattanoogaTrackClub.org with any questions you may have or to be added to the email distribution list (Coaches only, please – with the exception of parents who have unattached students). Crucial information will be communicated via email, [Facebook](#) and [Instagram](#). Please also visit the Chattanooga Track Club's [website](#) for information on other local running events.

DATES

Coaches info session via zoom - August 22 at 5:30pm (link will be provided day of)

Race dates- Thursdays- September 5th 19th 26th and October 3rd (Rain date: October 10th)

WEATHER

Safety is a priority. We will monitor the weather on each meet day to determine if conditions look to be safe for racing. If conditions are not determined to be safe (potential for thunder/lightning or extreme heat) we will notify via email by NOON on race day. We will also post on the Chattanooga Track Club Facebook page and Instagram account. Please advise parents to follow the Facebook page and Instagram account for timely communication in the event that you are not able to immediately relay cancellation notice.

SCHEDULE

Each grade will race separately and girls will start first every week. Boys will line up following the start of the girls' race and will start after a 2-minute delay.

- 3rd Grade – 5:30
- 4th Grade – 5:50
- 5th Grade – 6:10



Rules to ensure proper scoring:

- Students must run in the race assigned for their grade only. Under no circumstance should a student run in the wrong race for their grade.
- Finishers must keep in their finish order in the finish chute as this order determines results placings.
- Students only in each heat (no adults or other non-participants are allowed on the race course!)
- Unsportsmanlike conduct will result in disqualification. No pushing or blocking others.

LOCATION

All races will take place at Camp Jordan in East Ridge. We will be in the recreation field directly across from the Arena on the side of the park closest to the entrance by Pro Bass Shops. Link to info on Camp Jordan:

<https://www.eastridgeparksandrec.com/page/show/2310367-camp-jordan>

PARKING

Parking is available in the gravel lot on the race course side of the road and on the far side of the arena. Camp Jordan has asked that we not park on the grass along Camp Jordan Parkway.

There are two different ways to enter Camp Jordan: (1) From Hwy 41, you will turn left on Camp Jordan Parkway – this way will be **VERY** congested, so expect to sit in traffic. (2) The easiest way to enter Camp Jordan is to pass Camp Jordan Parkway and turn left on Frawley Road (at the light), then turn left again on Camp Jordan Road, then another left on Camp Jordan Parkway.

[Elementary XC Parking Map](#)

We will have signs posted and volunteers helping direct traffic. Also, we ask that when coming and going, you only make right hand turns. No left turns, no crossing traffic. This helps keep the kids crossing the street safe from traffic.

COACHES INSTRUCTIONS

1. We will use this Google Spreadsheet to record times for all participants. Coaches, please rename a unique tab at the bottom with your school name, fill in your roster information on that tab. Please do not make any modifications to any tabs other than your own. [LINK TO GOOGLE SPREADSHEET](#)

- You can make changes to your roster before each race if needed, but all changes need to be complete by midnight Tuesday. Any additions after that can be made at the registration table at the race.



2. CTC will assign each participant a unique number that will be used for all four meets. CTC will print labels for all participants to include their name, grade, gender and race number. You will pick up your team's labels in alphabetical order at the registration table at each race.

3. Please place each participant's sticker on the front of their chest. Kids without a sticker cannot race.

4. As the participants cross the finish line, they will be handed an index card indicating their finish place, and volunteers will help transfer their sticker to their card. The finish line volunteers will then collect cards for all racers in the finisher chute. The card will indicate their placement on the results. *Cards will be thrown away after they are recorded for each meet. If somehow a card makes it home with a participant, there is no need to return it the following week.

In addition to determining individual finishing times and team results, the label is an important ID safety measure in case something happens to a participant out on the course.

SCORING AND AWARDS

The first 3 races will be practice meets. We will publish the names, rank and times of all participants. The top 15 will be awarded ribbons at meets #1-3. **Meet #4 will be a championship race.** We know students will improve so much throughout the course of our weeks of training and racing, and we want to celebrate their improvement! Awards will be given to the top 10 finishers, and presented immediately following the 4th final meet.

In an effort to introduce elementary students to the sport of Cross Country, we will also be providing team scoring. Team scores will be by grade and gender (3rd grade girls team winner, 3rd grade boys team winner, etc.) There must be at least 5 team members for the team to score. For example, if there are only 4 girls in one grade, then they are not eligible for team scoring. Scoring is based on the sum of the top five finishers for each team. Lowest score wins. In the case of a tie, we will look to the 6th or even 7th place finishers.

Names of all finishers will be compiled and posted on Chattanooga Track Club's website typically within 48 hours ([results site](#)). Please email YouthXC@chattanoogatrackclub.org with any questions or corrections.

We will also offer an all-comers race at the end of the 4th meet. Coaches, siblings, parents, and all interested in racing the 1-mile course may do so for \$1.00/person and a signed waiver. There will be an official race clock but the all-comers race will NOT be scored.



PARENT / SCHOOL VOLUNTEERS FOR FINISH LINE CHUTE

The Chattanooga Track Club will provide volunteers to set up the course, finish line, timing and cleanup. We also ask that EACH TEAM provide at least ONE volunteer at each meet to assist with management of the finish line chute. Please have your designated volunteer(s) report to the registration table for their instructions when they arrive.