

Mark Twain Cross Country Schedule – Fall 2021

Please join us **this Wednesday (9/29)** after school to learn more about Mark Twain's Cross Country team. Students will also run/practice that day. Meet in front of the gym at 3:15pm (students will be done at 4:30).

Cross Country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. Mark Twain will be participating in FIYAs Cross Country program. Learn more at: <https://onfiya.org/sports/cross-country/>

Mark Twain's team will practice every Monday after school from 3:15-4:30 (the late bus leaves at 4:45). Students will meet Coach Nick in front of the gym.

Students will have the option to participate in 5 meets (each on a Wednesday after school). Students will have to commit to these meets one week before the meet since FOMT will have to register each runner and pay in advance. Students can participate in Division 1, which is a 2-mile course. 6th graders may participate in Division 2, which is a 1.5-mile course.

FIYA is holding a coaches meeting this week – more details will be provided after the meeting.

Please note students will have to obtain their own transportation to the meets.

Volunteers: We could use additional volunteers to help organize and submit required forms. Please email brandyoesser@gmail.com if you are interested.

Practices: Mondays: 3:15 – 4:30 **Meet in front of the gym*

Cross Country (XC) Meet Schedule:

- **XC MEET #1:** Wednesday October 6th @ **Cheviot Hills**
- **XC MEET #2:** Wednesday October 13th @ **Cheviot Hills**
- **XC MEET #3:** Wednesday October 20th @ **Cheviot Hills**
- **XCV Meet #4:** Wednesday October 27th @ **Edward Vincent Jr Park**
- **XCV Meet #5:** Wednesday November 3rd @ **Kenneth Hahn State Recreation Area**

Please note the last two meets are part of their "virtual" program. This means our students will run the course and send in their times (other schools will not be there at the same time). Virtual XC program is designed to provide an outlet for our school communities to gather safely outdoors, at beautiful locations, on your own schedule with your own safety precautions - all to enjoy each other's company while competing against other schools' cross-country runners through FIYA's virtual cross-country meet.

Please remember all COVID rules will apply during XC country practices and meets. Masks are mandatory. You will need to show your daily pass to attend practices and meets. Parents are not allowed on campus at Mark Twain. All meets will be off site and a parent/caregiver will be required to transport you. Paperwork will also need to be submitted to participate.