



Everything you ever wanted to know about Cross Country!!



- **What is it?** Cross Country is an exciting sport in which you run distance races against student athletes from other schools.
- **How long are the races?** Boys run 5000 Meters (3.1 miles) and girls run 4000 Meters (2.5 miles). Some meets also have freshman boys races that are 2 miles long.
- **Where are the races held?** The sport is called "Cross Country" because the races are usually run on golf courses, parks, or large open fields. Newton's home meet is at Centennial Park.
- **How do you "keep score" in a Cross Country meet?** Each varsity team runs at least five runners but not more than seven. After running, the top five runners' places are added up and the team with the lowest score wins. If there is a tie, the sixth place runner for each team is used to determine a winner. If a school has fewer than five runners, they run as individuals and do not earn a team score.
- **What if I've never run long distance before?** Running a 2 or 3 mile race may seem intimidating at first—especially if you've never run long distances before. But if you're dedicated, work hard, and gradually increase your conditioning, it gets easier and easier.
- **What if I don't make varsity (top 7)?** That's o.k.! All Cross Country meets (except Regional's and State) have at least Varsity and Junior Varsity races. Many meets also have C-team and freshman races so everyone gets to participate!
- **Can anyone be successful at Cross Country?** Yes!!—Anyone who sets realistic goals and is dedicated to achieving them can be successful.
- **Is Cross Country Fun?** Yes—of course its fun to spend time with your friends and be a part of a team. It's even more "fun" and rewarding to set goals and experience the satisfaction of working hard to reach them.
- **How do I get involved?** Talk to [Coach Mick](#) (283-3994) or [Coach Bergquist](#) and let them know your interested. Also, talk to team members who can tell you more about it.

Railer Cross Country

AVL/AVCTL Champs:

Girls '77,'79, '86, '05

Boys '81, '82, '83, '00, '03, '05

Championships are won in July, not October!!!

NEWTON HIGH SCHOOL CROSS COUNTRY SIGN UP SHEET

Name: _____

Address: _____

Telephone: _____

E-Mail: _____

*Be sure address and phone numbers are correct. Coach Mick will be contacting you with information concerning the upcoming season.