

WSMS XC Meet Day Procedures and Info

Fall 2025

Pre-Race Meeting

All student-athletes will be dismissed from class at 2:50pm (during 6th Period) and report to the cafeteria.

Student-athletes will first gather in the cafeteria for a team meeting. At this team meeting, coach will go over meet procedures, expectations, and racing strategies. Next, athletes head to the locker room to change for the race. Finally, the team departs via bus.

Taking Your Child from the Meet

At the end of each race, the student-athletes in that race will get together to take a post-race team picture. All athletes who raced (or those in the same grade level who came to support their team), need to be present for the post-race picture. After the picture has been taken, all athletes will complete a 5-minute cool-down run. Following the cool-down run, please have your athlete check-out with Coach Müller if they are NOT riding the bus back from the meet – sign out your athlete at the Team Camp as they gather their belongings. Please fill out the [Travel Release Form](#) and send it with your child or email it back to Coach Müller. This should be done PRIOR TO THE DAY OF THE MEET. Thanks for your help with this.

Meet Day Attire

Student-athletes should NOT wear their uniform to school. After attending classes, athletes will change during 6th Period before we leave. They need to have their racing uniform with them at school and stored in their locker the day of a meet. Please have your athlete wear a Lovejoy Shirt to school on race days and have a Lovejoy Shirt with them at the XC meets! Warm-up jackets will be provided to athletes to wear at meets when the weather warrants it.

Race Attire

All athletes will race in the assigned uniform. Boys should not wear spandex under their shorts, but if they choose to do so, it MUST be BLACK. All girls should wear the BLACK

spandex or shorts of their choice. Anything other than the uniform must be school or neutral colors (Red, Black, White).

Meet Day Meal

Your runner should eat a pack lunch such as a sandwich and fruit. They should also bring a light snack such as granola, power or cliff bars, or anything they can handle snacking on before racing. Please remind them not to eat a heavy lunch – they typically won't race well if they eat things like chicken nuggets, burritos, chili, etc. You get the idea. 🤪

Approximate Race Schedule

- 5:00 pm – 7th Grade Girls
- 5:30 pm – 7th grade boys
- 6:00 pm – 8th grade girls
- 6:30 pm – 8th grade boys

XC Scoring

- Lowest team score wins.
- Add together the points awarded to the top 5 runners on a team to determine that team's score ...
 - 1st place runner = awarded 1 point
 - 2nd place runner = awarded 2 points
 - 12th place runner = awarded 12 points
 - 25th place runner = awarded 25 points
 - etc.
- Runner #6 and #7 for each team can act as spoilers by pushing up other teams scores if they beat the other teams' #1 to #5 runners to the finish line.
- If there is a tie between teams after scoring their #1 thru #5 runners, then the #6 runners break the tie.

Other Matters

- All middle school races are 3200 meters in length (approximately 2 miles).
- Be supportive and positive – Cross Country is a challenging sport both physically and mentally. Please support the *entire* team.

- Please refrain from visiting the team camp area before and after the race. Also avoid the starting area. We want runners 100% focused on racing and their teammates until after the race.
- No megaphones allowed at any point; you will be asked to put it back in your vehicle.
- Bathrooms will be available.
- PLEASE help clean up team camp area before the team departs the meet.
- An athletic trainer will be on site, if needed.
- Only the top 10 athletes from each of a school's 4 divisions (7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys) qualify to run at the Area and District meets.
- All schools compete in the Area meet on October 6th, but only the top 4 teams compete at the District Championships on October 20th.