

2022 Mead Cross Country



Be part of a winning tradition!

Welcome to the 2022 Cross Country Season! This letter is to inform runners and parents about the cross-country season.

The coaches are looking forward to the season of practices and meets. The season officially starts Monday August 22. Although the season starts then, you should start running now to increase your chances of success. **In order to practice, students need a physical approved by the school's nurse and a parent permission form given to their coach.**

We practice on Monday, Tuesday, Thursday and Friday. Practices consist of running various distances on the school grounds or around the Mead community. Practices start right after school and conclude at 4 o'clock, so that runners can catch the late bus to take them home. For practices, runners need their PE uniform or other running clothes and we suggest a good pair of running shoes.

Home meets start approximately 3:15 and are run on our school grounds behind Mead. Away meets will start about the same time. Buses will take the runners back and forth to the away schools and will return approximately 5:00. (Due to traffic and length of some races, time may vary.) It is extremely important that the runner has arranged a ride home from the meet; parents can take them after their race, or be picked-up or walk home from the school. Runners will compete against their own grade and gender. Each race takes approximately 20 minutes. Meets are only canceled due to lightning only, we run in the rain and snow, so be prepared.

Although a few people think of Cross-Country as just running, we believe it is much more. It is a group of individuals becoming a team through hard work and focus. Cross-Country builds character and commitment towards a common goal of achieving your best. It builds dedication and endurance for other activities in life. Running is a sport, the first sport, but it is also a lifestyle. Mead Junior High has a successful program and we look forward to seeing you soon!

Coaches

Mrs. Amos , Mr. Clark, Ms. Busato Mrs. Porzel

2022 Schedule

Monday August 22	First Practice
Friday August 26	Parent Meeting at 3:45 in the gym
Tuesday September 6	Keller and LP @ Mead
Thursday September 8	Mead @ Frost
Tuesday September 13	Addams @ Mead
Monday September 19	Mead @ Eisenhower
Thursday September 22	Crusader Invite @ Addams
Tuesday September 27	(Reverse Race Order) Mead @ Keller
Thursday September 29	Frost and LP @ Mead
Monday October 3	Mead @ Addams
Tuesday October 11	Eisenhower @ Mead
Thursday October 13	D54 Conference Meet @ Hoover