

Montrose Cross Country - Team Handbook

Competition / Teams

- **Top 7 runners will be considered the Varsity team for the following meet.**
- **If a JV runner finishes with a faster time than one or more of the varsity athletes, they will be moved up to the Varsity team for the following week.**
- **The athletes place in a race will give the team that many points to the team score. A perfect score would be 15 points for a 4A meet.**
- **Montrose is a 4A school. This means we run 7 Varsity athletes and the first five score the team points.**
- **Example: If the top 5 runners place 3rd, 5th, 10th, 23rd, 45th, the team score would be 86 points. In the case of a tie, the place of the 6th runner would be taken to break that tie.**
- **Regional and State teams will ultimately be chosen by the Head coach.**
- **Regional teams will consist of 9 athletes.**
- **State qualifying teams will consist of 7 athletes.**
- **Traveling teams, on overnight and long distance meets, will be exclusively determined by the Head coach.**

Overnight Motel Rules

- **Once we arrive at a motel, you must stay in the motel. You are not allowed to leave for any reason, unless you have spoken directly to the Head coach.**
- **No one of the opposite sex will be allowed in your room, for any reason.**
- **No one, other than one of our team members of the same sex, is allowed in your room for any reason. This includes all family members and or friends.**
- **Violation of any of the above rules will cause all the team members involved to be dismissed from the MHS Cross Country team immediately. Do not put the Head coach in a position where he cannot defend your actions and or choices.**

State & Regional Competitions

- **Hair coloring / bleaching and or shaving legs should be done before we leave for the Regional and or State Meet. We will not do these things in the motel, the night before our competition. You should focus on the race and not on what you are going to look like at the race.**