

September 10, 2021

Dear Parent/Guardian,

We are pleased to announce that Cross Country season will return for the Fall of 2021, with some changes. Schools in the league will be running head-to-head races against the other schools in their division, with only two schools present at each meet. Each school will also have a bye week to balance the schedule. There are no League Championships or Divisional qualifying meets this year.

Sign up sheets are posted at school and permission slips are being sent home with students on Friday Sept. 10.

PLEASE NOTE: Any student wanting to participate in school athletics must have an up-to-date physical exam from his/her primary care provider. The physical must be submitted to the school office no later than the start date of the sports season. Students will be allowed to participate in school athletics upon receipt of the updated physical.

This year's schedule is as follows:

All meets start at 4:00 PM		
September 22nd	a. AES @ Calais b. Township @ Princeton	Woodland has a bye week.
September 29th	a. Princeton @ AES b. Township @ Woodland	Calais has a bye week.
October 6th	a. Calais @ Township b. WES @ Princeton	Alexander has a bye week.
October 13th	a. Princeton @ Calais b. Woodland @ AES	Township has a bye week.
October 20th	a. AES @ Township b. Calais @ Woodland	Princeton has a bye week.
<i>*Meets that are cancelled due to weather or COVID will not be rescheduled</i>		

See the next page for more important Cross Country League information:

1. There are 4 races in each total meet divided up in the following way:
 - a. Grades 5 and Down (Elementary) Boys
 - b. Grades 5 and Down (Elementary) Girls
 - c. Grades 8 and Down (Jr. High) Boys
 - d. Grades 8 and Down (Jr. High) Girls
2. Races are staggered (a race/separate start for elementary boys & girls and jr. high boys & girls).
3. A runner will participate in only 1 race per meet. A runner may move up a higher grade division but may not move down a grade division. Once a runner runs in a particular grade division, the runner is to stay in that division.
4. Runners are not to compete / participate in cross division races.
5. Runners must meet eligibility requirements for their schools to participate in races.
 - a. Refer to the student handbook for athletics guidelines including academic and behavioral expectations.
 - b. Alexander Elementary students in grades 2-5 are eligible for participation in the elementary division and grades 6-8 in the jr. high division.
6. Meets requiring runners and coaches to board buses to access starting/finishing lines will have those runners and coaches boarding their own school's buses (no mixing of schools on buses will be allowed).
7. Only students and staff will be allowed to travel on school buses to and from meets.
 - a. Masks are required for all students and staff while on school buses.
8. Distancing at all times will be promoted to the extent possible. Schools ask that all spectators respect the distancing guidelines set forth and not crowd racers or congregate at the start/finish lines.
9. Masks are not required for students and staff while outside.
10. Students who are experiencing flu-like symptoms or symptoms of COVID-19 should stay home and will not be allowed to participate in meets until meeting the criteria for returning to school. Students who are in quarantine due to identified COVID-19 cases or close contact shall not be allowed to participate in meets until meeting the criteria for returning to school.