

Madison Cross Country 2016

Registration for the 2016 Madison Recreation Cross Country program is now open. **Please** submit your registration by Friday, August 26th. The registration fee is \$50, after August 27th the fee will increase to \$60 and shirts may be delayed a few weeks. Your coaching staff will be ; Mike Bradley, Gina Bradley, Brian Habib, Klara Zdenkova, Tyler Merson, Zach Mower & Stephen Montelone. There are many **IMPORTANT** changes to the program this year.

MANDATORY PARENT/ ATHLETE MEETING

Wednesday September 7th at the beginning of our first practice. Agenda – Program, Expectations of Parents and Athletes , Meet the Executive Board and a Q&A session.

PARENT ROLES

Many of your current executive board members will be stepping down from the Fall Cross Country and the Spring Track &Field programs as their children age out at the end of this year. In order to ensure the continued success of our program please consider joining us, there are many and varied roles for Coaches, Runners & Non Runners. We are looking to pass on our knowledge and experience to the next group of leaders in the program. Some of the roles available are:

Coaches / Assistant Coaches

Database Administrators

Course Marshalls – Meets & Practices

Uniform Design & Ordering -

On-line Store

Publicity – Newspaper Articles

Banquet Chair

PRACTICES

Regular season practices will begin Wednesday, September 7th and will be held from 6:00 to 7:00 on Wednesday and Friday evenings at Loantaka Brook Park (the duck pond) off Kitchell Road in Morris Township. As we lose light during the season, we will hold practices earlier. If you need directions contact us.

Pre-Season Practices Schedule (Optional)

Dates and times to Be Determined, Most likely we will start the week of August 21. Practice will be held at Loantaka Park (same as regular Season).

MEETS

The meets are held on Sundays, **TENTATIVELY** beginning September 11 and will run for 8 consecutive Sundays with the final meet on October 30. **The meets will begin at 9:00 am and the whole meet is over around 11:00.** The location of the meets will be the same as last year, Greystone Park in Morris Plains.

Age Groups, Distances and EXTREMELY TENTATIVE Start Times are as follows:

Sub-Bantam: Ages 7-8, Born in 2008-2009, Race Distance 1700 meters (1.06 miles), Race Start Time: 9:55.

Bantam: Ages 9-10, Born in 2006-2007, Race Distance 2000 meters (1.24 miles), Race Start Time: 9:40.

Midget: Ages 11-12 Born in 2004-2005, Race Distance 3000 meters (1.86 miles), Race Start Time: 9:20.

Youth: Ages 13-14 Born in 2002-2003 Race Distance 3000 meters (1.86 miles) – first three weeks, 4000 meters (2.49 miles) – last five weeks. First Race starts at 9:00

The age group you compete in is determined by your age on December 3, 2016. For example, an 8 year old athlete today, turning 9 on November 1, will be 9 on December 31 and for age group slotting will compete as a 9 year old for the entire 2016 X/C season.

GREYSTONE RESULTS

Meet results will be posted Sunday evening at the Morris County Track Coaches Association web site;

www.mctrack.org

Look for the LAKELAND Cross Country Tab.

Important Tentative Dates

November 6, USATF New Jersey State Championships (Location TBD , possibly Greystone!)

November 20, USATF Regional Championships (Location TBD)

November ??, Madison Cross Country Banquet (Location TBD)

SHOES AND RUNNING GEAR

If you are in need of a good running shoe, try Starting Line Sports in Madison. Call to for size information.

REGISTRATION and COST

The program is open to all Madison residents born in 2009 through 8th graders (no high school runners allowed, regardless of when they were born). If you are planning on having your child participate, please let us know by return email, so we may add you to the distribution list madison.nj.cross.country@gmail.com and submit your registration form to:

Mr. Zach Ellis / Recreation Director
Hartley Dodge Memorial Building
50 Kings Road
Madison, New Jersey 07940

The cost will be \$50 per athlete, payable to "Madison Cross Country", \$60 after August 28th.

BIRTH CERTIFICATES

New runners must submit a copy of their birth certificate. (League Rules). If you've run with us before we have a copy, so you do NOT need to resubmit.

MJS SCHOOL CROSS COUNTRY PROGRAM

MJS also offers a cross country program. This is separate from ours and we have runners who compete in both programs.

Looking forward to a great 2016 Cross Country Season!

Your Madison Cross Country Coaches,

Mike Bradley, Gina Bradley, Brian Habib, Klara Zdenkova, Tyler Merson, Zach Mower & Steve Montelone