



2025 Elementary Youth Cross Country Series

OVERVIEW

The Chattanooga Track Club offers a 1-mile cross country course race series held at Camp Jordan open to all 3rd, 4th, and 5th grade students in the Chattanooga area (including North GA). The cost is \$10 per student for the entire season. Coaches must provide payment for the entire team by cash or check (one check for the entire team preferred) and ALL signed 2025 season waivers filled out by parents or guardians of individual students prior to racing at the first meet. Receipts will be provided via email at coach or parent request.

CONTACTS / COMMUNICATION

Please feel free to contact YouthXC@ChattanoogaTrackClub.org with any questions you may have or to be added to the email distribution list (Coaches only, please – with the exception of parents who have unattached students). Crucial information will be communicated via email, [Facebook](#) and [Instagram](#). Please also visit the Chattanooga Track Club's [website](#) for information on other local running events.

DATES

Coaches info session via zoom - Tuesday, August 19 at 5:30pm (link will be provided day of)
Race dates- Tuesdays- September 2nd 9th 23th and 30th (Rain date: October 7th)

WEATHER

Safety is a priority. We will monitor the weather on each meet day to determine if conditions look to be safe for racing. If conditions are not determined to be safe (potential for thunder/lightning or extreme heat) we will notify via email by NOON on race day. We will also post on the Chattanooga Track Club Facebook page and Instagram account. Please advise parents to follow the Facebook page and Instagram account for timely communication in the event that you are not able to immediately relay cancellation notice.

SAFETY

Parkridge Camp Jordan ER is on the same road as the park - 483 Camp Jordan Pkwy. We will have a first aid kit available at the CTC tent for minor injuries.

SCHEDULE

Each grade will race separately and girls will start first every week. Boys will line up following the start of the girls' race and will start after a 2-minute delay.

- 3rd Grade – 5:30
- 4th Grade – 5:50
- 5th Grade – 6:10



Rules to ensure proper scoring:

- Students must run in the race assigned for their grade only. Under no circumstance should a student run in the wrong race for their grade. Please plan to arrive on time - there won't be an exception for late arrivals.
- Students only in each heat (no adults or other non-participants are allowed on the race course!)
- Unsportsmanlike conduct will result in disqualification. No pushing or blocking others.

LOCATION

All races will take place at Camp Jordan in East Ridge. We will be in the recreation field directly across from the Arena on the side of the park closest to the entrance by Pro Bass Shops. Link to info on Camp Jordan:

<https://www.eastridgeparksandrec.com/page/show/2310367-camp-jordan>

PARKING

Parking is available in the gravel lot on the race course side of the road and on the far side of the arena. Camp Jordan has asked that we not park on the grass along Camp Jordan Parkway.

There are two different ways to enter Camp Jordan: (1) From Hwy 41, you will turn left on Camp Jordan Parkway – this way will be **VERY** congested, so expect to sit in traffic. (2) The easiest way to enter Camp Jordan is to pass Camp Jordan Parkway and turn left on Frawley Road (at the light), then turn left again on Camp Jordan Road, then another left on Camp Jordan Parkway.

[Elementary XC Parking Map](#)

We will have signs posted and volunteers helping direct traffic. Also, we ask that when coming and going, you only make right hand turns. No left turns, no crossing traffic. This helps keep the kids crossing the street safe from traffic.

COACHES INSTRUCTIONS

1. We will use this Google Spreadsheet to register all participants. Coaches, please rename a unique tab at the bottom with your school name, fill in your roster information on that tab. Please do not make any modifications to any tabs other than your own. [LINK TO GOOGLE SPREADSHEET](#)



- Your roster needs to be completed by the end of day **Thursday, August 28** for the first race on September 2. If you need to make changes, please email youthXC@chattanoogatrackclub.org. Any additions can be made at the registration table at the race. Day of race additions aren't guaranteed to show up on the results or be counted towards team scoring. Between races, you may make additions to your roster using the ADDITIONS tab on the spreadsheet. Any changes need to be sent via email.
- 2. Online waivers can be filled out here [LINK TO WAIVER](#). **Printable waivers can be found here.**
- 3. New for 2025!** Each runner will receive a race bib with their unique race number. This specific bib will be used for all four races.
- 4. When you arrive at the first meet, you will pick up your team's bibs and roster with bib number assigned to runners from the CTC tent. You'll also be given enough pins for all of your runners.
- 5. Please pin the correct bib on each participant, visible on the front of their chest. A race belt may be used.
- 6. As the participants cross the finish line, their time will automatically be recorded. Results will be posted on the CTC website within 48 hours.
- 7. Please unpin and collect all race bibs after runners have finished racing. We would recommend you (the coach) keep all the bibs in between meets. There is a \$5 replacement bib cost.
- 8. Please clean up your tent area and help us leave Camp Jordan nicer than we found it.

SCORING AND AWARDS

The first 3 races will be practice meets. We will publish the names, rank and times of all participants. The top 15 will be awarded ribbons at meets #1-3. **Meet #4 will be a championship race.** We know students will improve so much throughout the course of our weeks of training and racing, and we want to celebrate their improvement! Medals will be given to the top 15 finishers, and presented immediately following the 4th/final meet.

In an effort to introduce elementary students to the sport of Cross Country, we will also be providing **team scoring**. Team scores will be by grade and gender (3rd grade girls team winner, 3rd grade boys team winner, etc.) There must be at least 5 team members for the team to score. For example, if there are only 4 girls in one grade, then they are not eligible for team



scoring. Scoring is based on the sum of the top five finishers for each team. Lowest score wins. In the case of a tie, we will look to the 6th or even 7th place finishers' place.

Names of all finishers will be compiled and posted on Chattanooga Track Club's website typically within 48 hours ([results site](#)). Please email YouthXC@chattanoogatrackclub.org with any questions or corrections.

We will also offer an all-comers race at the end of the 4th meet. Coaches, siblings, parents, and all interested in racing the 1-mile course may do so for \$1.00/person and a signed waiver. There will be an official race clock but the all-comers race will NOT be scored.

PARENT / SCHOOL VOLUNTEERS FOR FINISH LINE CHUTE

The Chattanooga Track Club will provide volunteers to set up the course, finish line, timing and cleanup. Each team should send a volunteer to the finish chute, we would appreciate the help managing the kids as they cross the finish line.