

## Boys Cross Country

Running is a sport in which teams of runners compete to complete a course over open or rough terrain faster than other teams. It differs from road running or track running principally in the course which may include grass, mud, hills, woodlands and water. In middle school the races are usually between 1 and 1.5 miles long. The "A" team generally consists of the seven fastest runners and the "B" team can have an unlimited number of runners. Emphasis is placed on running as a lifetime sport and starting a year round conditioning program. Gator cross country is a fall sport open to all seventh and eighth grade boys that have a current completed physical on file in the athletic directors office.