



Cross Country Information Sheet 2022

Coaches, Athletic Directors,

We have set the 2022 season schedule at The Hermitage. The dates are:

Tuesday, September 6th
Monday, September 12th
Monday, September 19th
Monday, September 26th
Monday, October 3th
Monday, October 10th - Elementary Championship
Monday, October 17th - MS & HS Championship

The Elementary Championship will be on Monday, October 10th. This will be the end of their season. This date will be a normal meet for Middle and High School.

The Middle and High School Championship will be on October 17th.

Location: The Hermitage (Home of Andrew Jackson); 4580 Rachels Lane; Nashville, TN 37076

Divisional Breakdown: (race distances could be slightly changed)

K-2nd: 3/4 mile Start Time: 4:45pm

3rd-5th: 1 mile Start Time: 5:00pm

MS (5th-8th): 2 miles Start Time: 5:20pm

HS: 5k Start Time: 5:50pm

Costs: \$25 team entry fee per meet; \$3.00 per runner per meet for timing.

For those teams that plan to join the TSIAA league as a XC member, we have agreements attached.

There will be a charge for parking at each meet: \$5 per car. Please be sure to notify your parents of this change.

Other key notes:

1. Your school can run as many meets as you would like. Two, regular season, meets are required for a school to participate in the Championship meet. Non-TSIAA schools are welcome to participate, as guests, in all meets except for the Championships.
2. The Hermitage course is the official course for TSIAA. All conference meets will be hosted at The Hermitage. Only times from conference meets will be used to determine post season awards (All Conference and Runner of the Year). We will still be happy to promote races and offer opportunities for any of your schools that want to host a race.
3. Team scoring is the top 4 fastest runners per division per team. If you don't have four runners in a particular division then those students are just competing for their time and individual placement.
4. All-Conference Awards: Four meets, PRIOR to the conference championship, are required for an individual athlete (Middle and High School) to receive an all conference award. The awards will be calculated based on the top four times for each student (regardless of how many events they participate in). This allows a student to have an off day or bad race, and still be rewarded for a strong season. In the unlikely event of two rain out or canceled meets, the top three times will be used for the calculations.
5. Initial rosters will be due by August 26th. We will continue to manage rosters for all meets through www.tn.milesplit.com.
6. As you finalize your schedule, please let me know which dates your program would like to participate. We have plenty of room and would encourage everyone to compete in all of the scheduled dates.
7. This distribution list was generated from the 2020 season. Please let me know if anyone needs to be added or removed.