

BMCS Cross Country

Coach Rob Rehman

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Practices 3:00 PM to 4:30 PM Monday's, Tuesday's and Thursday's.

Championship Meet, Tuesday, April 22, 2025, 11:00 AM at South Hills Park in Lebanon.

We will attempt to schedule some before the Championship meet. There are three local schools that are planning on having a team this year.

For some practices, we will be taking the school van to run on the rails for trails in Jonestown. The school van will be parked outside of the sewage plant gate. Notice will be given as far in advance as possible. Parents can pick up the students at the school van, or at the school. If planning on picking the students up in advance, please notify my in advance.

Once or twice during the season we are planning on taking the students to South Hills Park in Lebanon to get familiar with the course before the championship meet. Advance notice will be given.

Equipment needed, Water Bottle, running shoes (does not have to be new or expensive, should not be high tops), shorts, shirt or tank top, sweats and sweat shirt for cold weather.

Cross Country Basics/ Background (portions taken from <https://www.knightrunning.com/cross-country-basics.html>):

The basic philosophy of our cross country coaching staff is to promote cross country, make it a positive learning experience, and have the runners develop a passion for the sport. Hopefully the athletes learn more than just how to run from point A to point B. The athletes will learn how to set goals and more importantly to develop the determination needed to achieve those goals. Hard work is necessary to achieve most goals, but we will prove hard work does not mean you can't have fun in the process. High school cross country is a special sport. It is a team sport comprised of individual efforts. It demands tremendous commitment and the willingness to work hard. Cross country is a sport in which effort is rewarded in small doses. Unlike more popular spectator sports, victories are often quietly won and not widely recognized. Attaining individual success does not happen overnight, it must be earned.

Cross country is a sport in which runners compete to complete a course over a golf course, an open park, or various terrain types.

Each cross-country course is different in composition. Distances are generally standardized (see right), however there will be little in common between any two courses other than their length. As such, accurate comparisons cannot be made between performances on different courses or even on the same course on different years as the weather and underfoot conditions can be significantly different.

Cross Country is sport in which everyone gets to travel and participate at every meet, no one gets left out. You will have the ability to contribute significantly to our team, even if you have never been out for cross country before. Every meet we go to has a middle school, junior varsity and a varsity level.

Points are awarded to the individual runners of each team, equal to the position in which they cross the finish line (first place gets 1 point, second place gets 2 points, etc.) only the first five runners in for a team are counted towards that team's score; the points for these runners are summed, and the teams are ranked based on the total, with lowest score being best. In the event of a tie, then the victor is decided by whose sixth runner crossed the finish line first. Team's non-scoring runners, any runner not in top 5, will not score points for their team, but if they finish ahead of the 4th or 5th runner from another team, they will increase that team's point total. And are known as "pushers" or "displacers" as their place can count ahead of other runners, thus increasing the score of their team.