# CROSS COUNTRY

## OAK HILL ACADEMY – FALL 2026



Cross Country offers students the opportunity to run on our beautiful campus. The course is a little over a mile long, and has runners traverse our fields and boardwalk.

While the practices are non-competitive, we encourage runners to improve on their personal times.

Cross Country is open to interested students in Grades 3-8. Due to the amount of students on the roster, we have two practice days a week.

**TUESDAYS**
**Grades 4, 7, 8**
*beginning Sept. 22nd*

**FRIDAYS**
**Grades 3, 5, 6**
*beginning Sept. 25th*

Students should dress appropriately for running and bring a water bottle. **Pick up is at 3:15** in front of the bleachers near the baseball field.

At the end of the FALL season, runners are invited to participate in the ***Run for the Roses*** meet held on the first Sunday of November.

Spring season is strictly practice with no meets.

## Participation Requirements

- Cross Country participants will abide by all guidelines described in the school handbook.
- Everyone in grades 3-8 is welcome regardless of ability. There will be no tryouts or cuts.
- Participants must have physicals and all necessary paperwork before starting practice.

## Equipment

For practice, children should wear shorts and t-shirts, and/or sweatshirts and sweatpants. For health and safety, please wear **running shoes or sneakers** that offer good support. **Water bottles** are strongly recommended.

## Practice Schedule

| GRADES 4, 7, 8 | GRADES 3, 5, 6 |
|---|---|
| Tuesday, September 22 | Friday, September 25 |
| Tuesday, September 29 | Friday, October 2 |
| Tuesday, October 6 | Friday, October 9 |
| Tuesday, October 13 | Friday, October 16 |
| Tuesday, October 20 | Friday, October 23 |
| Tuesday, October 27 | Friday, October 30 (no practice ½ day) |

**PICK-UP AT 3:15 AT THE BLEACHERS OUTSIDE THE GYM**
After 3:15 your child will be sent to extended care in the Tech Center.

**No child may practice without a valid physical/paperwork. NO EXCEPTIONS!!**

**ALL FORMS MUST BE SUBMITTED TO THE NURSE.**
**THERE IS MORE THAN JUST A PHYSICAL AND THIS PERMISSION SLIP REQUIRED!!!**
Please go to the Oak Hill website/**Athletics/Forms 1-10**

***Oak Hill Academy – Fall Cross Country 2026***

***ALL forms MUST be submitted to the nurse. THERE IS MORE THAN JUST A PHYSICAL AND THIS PERMISSION SLIP REQUIRED!!!***

***Please go to the Oak Hill website/Athletics/Forms 1-10***

*PARTICIPATION REQUIREMENTS:*
*Cross Country participants will abide by all guidelines described in the school handbook. Everyone in grades 3-8 is welcome regardless of ability. There will be no tryouts or cuts. Participants* ***must have physicals and all necessary paperwork*** *before starting practice.*

*EQUIPMENT:*
*For practice, children should wear shorts and t-shirts, and/or sweatshirts and sweatpants. For health and safety, please wear running shoes or sneakers that offer good support. Water bottles are strongly recommended.*

*PRACTICE:*

| ***GRADES 4, 7, 8*** | ***GRADES 3, 5, 6*** |
|---|---|
| *Tuesday, September 22* | *Friday, September 25* |
| *Tuesday, September 29* | *Friday, October 2* |
| *Tuesday, October 6* | *Friday, October 9* |
| *Tuesday, October 13* | *Friday, October 16* |
| *Tuesday, October 20* | *Friday, October 23* |
| *Tuesday, October 27* | *Friday, 10/30 (no practice ½ day)* |

***PICK-UP AT 3:15 AT THE BLEACHERS OUTSIDE THE GYM***
***After 3:15 your child will be sent to extended care in the Tech Center.***
*No child may practice without a valid physical/paperwork. NO EXCEPTIONS!!*

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*I agree that I have contacted the school nurse and my child's paperwork is up to date.*

*Child's name* _____ *Grade* _____

*Parent signature* _____ *Date* _____

*Parent's email address* _____

***PLEASE RETURN THIS PERMISSION SLIP TO MRS. GILFILLAN ASAP***
***ALL other forms MUST be submitted to the nurse!!***