# **BASIC XC RULES:**

**Team makeup** – A Cross Country team is made of seven runners. The top five runners are the “scoring” members and the remaining two have the important job of displacing the scorers on opposing teams. Only the varsity level is limited to seven competitors in a race, the other levels have unlimited entries.

**Levels of competition** – Each level competes in its own race and is scored separately. Most invitational races and our league meets use the following levels: Varsity, Junior Varsity, and Frosh/Soph. Some invitationals will use a grade-level format. The races are scored independently and sometimes the top five times from each team are compiled to determine an overall winner.

**Scoring** – Races are scored by assigning a point value for the place a runner finishes in. If a runner finishes first, he/she will earn 1 point. Finishing 55th would earn 55 points. Cross Country is similar to golf in that the lowest score wins. A perfect score is 15 points, with the top five runners occupying the first five finishing positions. Runners who do not have a full team are removed from the results for team scoring. This happens quite often at larger races. Big invitationals and championship races are often won with point totals close to 100.

**Race length** – Most races are 5K (3.1) miles. Occasionally a course will measure slightly short or long. Some courses are limited by their geography and the distances are kept consistent from year to year.

# **RUNNING TERMINOLOGY**

**XC --** Abbreviated form of Cross Country

**Runner --** Someone who runs faster than a jog. We do not jog.

**Regional –** State Qualifying Meet

**CHSSA –** Colorado High School State Association

**Invitational --** A large race hosted by one or more schools. They provide better competition and larger fields of competitors.

**PR --** Personal Record (time)

**PB --** Personal Best (time). Used more commonly in Europe.

**Aerobic --** Running at a comfortable pace that keeps you in a heart-rate zone of 60-80% of your max.

**Anaerobic --** Short, intense running that does not rely on the body's ability to process oxygen.

**Threshold --** Refers to aerobic threshold training. Usually running for 15 to 30 minutes at a pace that is one minute slower per mile than your current mile PR.

**Intervals --** Segmented running one at varying intensities. Intervals can be any distance but are most commonly between 200m and 2 miles.

**Road Runs --** Runs that allow athletes to rest after a hard effort. Theses runs are done at approximately 1:30-1:50 min slower than their 5K race pace

**Surge --** A short burst of speed during a race. Used to change rhythm or break the competition.

**Splits --** Times associated with standard checkpoints in a race or workout. Ex: mile splits.

**Kick -** Physiological Fact: All runners have a “reservoir” of fast twitch muscle fibers available the last 200 meters of a 5K race which allows them to finish like a sprinter!

**Strides --** Moderately fast runs lasting between 80-100m. The focus is on form during these runs.

**HIIT –** High Intensity Interval Training – These are routines that can be done as part of the running warmup (sprints 90% for 10 sec, 50% for 10 sec), and after the run as part of the strength/core training (speed pushups/crunches- sets of 20 secs on 20 secs rest, etc.)

**Yog --** Jogging at such a slow pace it causes you or your coach to yawn.

**Slog --** Jogging in a sluggish fashion that resembles trudging through mud or snow.