



Jonesboro Elementary Cross Country League

A fun introduction to middle and long distance running

For: Boys AND Girls entering grades 3-6 Fall 2018
When: 1st week of August until October 9th
Meets: **Meet 1: Thurs. August 23rd 4:00pm International Studies**
Meet 2: Thurs. September 6th 4:00pm Visual and Performing Arts
Meet 3: Sat. September 22nd 8:00am ASU Track Complex
Meet 4: Tues. October 2nd 4:00pm Location TBA
Meet 5: Tues. October 9th 4:00pm Joe Mack Campbell Park

Cost: \$20.00 per runner - Includes t-shirt & entry into all 5 meets
(make checks payable to: JHS Running Club)

Important: Turn in registration forms ASAP to guarantee your t-shirt. Those who register after the 1st meet are not guaranteed a t-shirt, but will still be allowed to participate in remaining meets.

League Details: There are two divisions: 3rd/4th grade & 5th/6th grade. Runners will compete for the school they attend. Team trophies and individual medals will be awarded. Boys and girls will participate in the same race, however medals will be given out to the top 10 boys and top 10 girls in each race. Races will vary in length. Meet #1: 1 mile race. Meet #2: 1.25 mile race. Meet #3: 1.5 mile race. Meet #4: 1.75 mile race. Meet #5: 2 mile race. Themed activities will be offered after each race (water balloons, candy, etc.)

Contact: Matt Williams at matt.williams@jonesboroschools.net or 870-219-1596

Goal: We want JEXCL participants to develop a lifelong love for running and healthy lifestyle. We encourage competitive runners to participate, but also runners who simply enjoy the team atmosphere and are looking for a fun way to stay healthy. Everyone is welcome regardless of ability level.

FREE RUNNING CLINIC:

JHS Cross Country coach Matt Williams will be hosting a FREE running clinic for 3rd - 6th grade Boys and Girls, Wednesday's 10:00 - 11:00am at the JHS Track the following days:

May 30, June 6, June 20, July 11, July 18, August 1

**The purpose of the clinic is to teach the fundamentals of running and to prepare for the upcoming Jonesboro Elementary Cross Country League this fall.

Jonesboro Elementary Cross Country League Registration Form

Send to: Jonesboro High School * c/o Matt Williams * 301 Hurricane Dr. * Jonesboro, AR 72401

Name: _____ Phone: _____

Address: _____ City: _____ Zip: _____

Parent Name: _____ Phone: _____

Parent E-mail Address: _____

Grade Fall 2018: _____ School the runner attends: _____

T-Shirt Size (circle one): Youth: S M L Adult: S M L XL

I am interested in volunteering to coach a team? YES or NO

*I hereby give permission for my child to participate in the Jonesboro Elementary Cross Country League. Furthermore, I hereby release Jonesboro Public Schools and all affiliated with the league from any and all liability for injury or illness incurred during practices or meets.

Parent Signature: _____ Date: _____