



CROSS COUNTRY

Welcome to Bartram Trail Cross County!

Important Dates/Time:

Summer training sessions: Begins June 16th, T,Th 7-8:30am (to start) Varsity can join Coach Frank on Saturdays

First Official Day of the Season: Monday, August 10.

Cross Country is a unique sport for the highly motivated. Athletes compete in both a team and individual capacity. No experience is necessary and it's an excellent preparation for winter and spring sports.

Competitions are called meets and they are held on trails and grass at parks, campuses, and wooded areas. The distance is 5K (3.1 miles). Team scoring is achieved by adding up the places of your top five finishers. Like golf, low score wins. Varsity competitions race 7-10 runners per team; JV races are unlimited. No one "sits the bench".

As with other fall sports, we spend a significant amount of time training throughout the summer. Open training sessions will be every Tuesday, and Thursday from 7-8:30AM at the BT track and are ongoing from June 16th through the end of the summer. Additional varsity level session and locations will be added in July. Any changes to times/days will be communicated in advance. We know that there are various family trips, and camps, during the summer. All serious athletes are expected to attend the team training sessions when in town.

The season officially begins on Monday, August 10. Once school is back in session practice will be held each morning at 6:30am. Morning practices allow us to avoid the afternoon heat and lightning storms. Any changes to practice times/days will be communicated in advance. All athletes are expected to be on time to their scheduled classes.

Meets begins the week of August 19. Virtually all competitions are held on Saturday mornings.

Before ANY PARTICIPATION, all requirements must be satisfied in <https://athleticclearance.fhsaahome.org/>

This can be found on the BTHS athletics web page. This includes a current physical dated April 22, 2020 or later.

On behalf of Coaches, we looking forward to meeting you all.

Go Bears!

Melissa Roughan
Girls Head Cross-Country Coach
Melissa.roughan@stjohns.k12.fl.us

David Frank
Boys Head Cross Country Coach
David.frank@stjohns.k12.fl.us



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	Sunday	Monday	Tues	Wed	Thurs	Fri	Sat	Weekly Total	
	17-May	18-May	19-May	20-May	21-May	22-May	23-May		
100%	3	7	4	4	5	0	5	28	
80%	2	6	3	3	4	0	4	22	
60%	2	4	2	2	3	0	3	17	
40%	1	3	2	2	2	0	2	11	
	24-May	25-May	26-May	27-May	28-May	29-May	30-May		
100%	3	8	4	4	5	0	6	30	
80%	2	6	3	3	4	0	5	24	
60%	2	5	2	2	3	0	4	18	
40%	1	3	2	2	2	0	2	12	
	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun		
100%	4	9	5	5	5	0	6	34	
80%	3	7	4	4	4	0	5	27	
60%	2	5	3	3	3	0	4	20	
40%	2	4	2	2	2	0	2	14	
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun		
100%	4	9	5	6	5	5	7	41	
80%	3	7	4	5	4	4	6	33	
60%	2	5	3	4	3	3	4	25	
40%	2	4	2	2	2	2	3	16	
	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun		
100%	5	10	5	6	6	5	7	44	
80%	4	8	4	5	5	4	6	35	
60%	3	6	3	4	4	3	4	26	
40%	2	4	2	2	2	2	3	18	
	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun		
100%	5	10	5	7	6	5	7	45	
80%	4	8	4	6	5	4	6	36	
60%	3	6	3	4	4	3	4	27	
40%	2	4	2	3	2	2	3	18	
	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul		
100%	5	11	6	6	7	5	8	48	
80%	4	9	5	5	6	4	6	38	
60%	3	7	4	4	4	3	5	29	
40%	2	4	2	2	3	2	3	19	
	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul		
100%	5	11	6	6	8	6	8	50	
80%	4	9	5	5	6	5	6	40	
60%	3	7	4	4	5	4	5	30	
40%	2	4	2	2	3	2	3	20	
	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul		
100%	5	11	5	7	8	6	8	50	
80%	4	10	5	6	6	6	6	42	
60%	3	7	3	4	5	4	5	30	
40%	2	4	2	3	3	2	3	20	
	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul		
100%	5	12	6	7	8	6	8	52	
80%	4	10	5	6	6	5	6	42	
60%	3	7	4	4	5	4	5	31	
40%	2	5	2	3	3	2	3	21	
	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug		
100%	5	12	6	7	8	7	8	53	
80%	4	10	5	6	6	6	6	42	
60%	3	7	4	4	5	4	5	32	
40%	2	5	2	3	3	3	3	21	
	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug		
100%	5	12	6	7	8	7	8	53	
80%	4	10	5	6	6	6	6	42	
60%	3	7	4	4	5	4	5	32	
40%	2	5	2	3	3	3	3	21	
	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug		
	FDOS								
	Official Practice begins							Summer Totals	
							100%	572	
							80%	460	
							60%	343	
							40%	229	