

Sunset Cross Country FAQs – 2024 Season

Please, before reading this document, read the Team Rules and Expectations available on the team website: <https://www.sunsettrack.com/cross-country>.

1. When does the season start?

Official practices begin on the first day of the OSAA fall sports season. In 2024, this date is Monday, August 19. The season lasts until the Metro League Championships (10/30 = 10.5 weeks) for non-varsity runners and the State Meet (11/9 = 12 weeks) for varsity team members.

2. Are there cuts or tryouts?

Cross country at Sunset HS is a no-cut, no-tryout sport. We do not have a maximum roster size.

3. How do I register?

Registration instructions are available on the Sunset [website](#). If you have questions about registration, please call the athletic department at 503-356-2977.

4. By when is the participation fee due?

The athletic office asks for payment to be submitted before participating during the official season. The BSD athletic participation fee is \$100. Freshmen only need to pay once for the entire school year. Paying for a fall sport means that a winter and/or spring sport is free!

Scholarships are available. If you have questions about participation fees or scholarships, please call the athletic department at 503-356-2977.

5. Do I need to register to participate in summer conditioning?

BSD asks that athletes have completed both the physical exam and participation form before participating in summer conditioning sessions. Information about completing registration can be found on the Sunset [website](#). If you have questions about registration, please call the athletic department at 503-356-2977.

6. What's team camp? How do I get invited?

Sunset Cross Country Camp is called "Varsity Team Camp". We invite athletes who appear ready to make varsity-level contributions to our team: as runners, as leaders, or

with their commitment. We try to include those freshmen who might be our varsity athletes of the future.

7. When is the last day to join?

Veteran athletes must join by the second Monday of the season. Exceptions need to be cleared in advance. Rookie athletes are welcome to join until the first day of the third week of the school year (9/9 = the beginning of week 4).

8. How long are races?

A few of our early season meets have a 3km option. By October, all races are 5km in length.

9. How much does someone need to be able to run to join?

Though we strongly encourage all to get in shape for cross country instead of during cross country, there are no expectations for how much or little running a rookie member of the team has run before joining. Athletes must be able to run the entire race distance before being allowed to compete. We do not allow for walking during races.

10. How much do we run at practice?

Runners are asked to run in a way that meets them where they are. Our primary training aim is to keep our athletes healthy and injury-free. We ask some of our most novice athletes to run as few as 10 miles total in their first week of practice, and their longest run might be only 10 sustained minutes. Those who are ready for more will be asked to run more. Some of our veteran athletes may run up to 10 or more miles in a single practice.

11. Do all team members do all competitions? Are invitationals just for varsity?

Wednesday meets are for everybody. Some of the other meets are, too.

We have not finalized our fall schedule (this FAQ document will be updated then). When we do, there will be one (or two) in-season meets that are for select athletes only. In prior years, these have included overnight trips to southern California, Seattle, Bend, Boise, and more. We have also only taken a smaller group of summer runners to the Tahoma Coed Relays (though, at this time, it remains uncertain if we will include this meet on our fall calendar).

12. How many athletes are on the team? How many coaches?

Over the last few years, we have averaged around 100 total athletes, split roughly evenly between the two genders. We have 2-5 coaches at practice every day, depending on the complexity of the workout and the availability of our part time coaches.

13. Do I need any special equipment? What about racing shoes?

Having high quality running shoes is important. Just like a helmet for a football player, these are the first line of defense against injury. We strongly discourage ordering shoes from catalogs without having tried them on. We strongly encourage using a specialty running store as an initial resource for purchasing shoes. Good shoes start at around \$100. [Foot Traffic on](#) Cornell offers discounts to all Sunset athletes. Note: a year-round runner will need 3-4 pairs of shoes. If cost is an obstacle, please let coaches know.

Racing shoes are not required for participation. Varsity runners and varsity aspirants should all be wearing racing shoes. Questions about racing shoes? Please ask coaches. If cost is an obstacle, coaches have ways of outfitting our athletes with racing shoes at little or no cost to athletes.

In addition to having quality shoes, we encourage athletes to have a wristwatch. No special watches are required: just a [digital watch with a chronometer](#).

Comfortable clothes that match the weather are all that's left for practice.

14. Can I be a part of the team and not race?

No.

15. Where do we get a uniform?

Athletes will be loaned a team uniform for the season consisting of a singlet, shorts, and jacket. Dates and other details will be communicated around the first day of the season. Uniforms not returned at the end of the season are subject to a replacement fee.

Options for team apparel for purchase (hoodies, t-shirts, other) will be announced in August.

16. Where can I find a schedule?

You can find a printable season schedule on our team website: <https://www.sunsettrack.com/cross-country>. Our meet schedule is on [athletic.net](#). Results are also posted on this website after meet completion.

