



PROGRAM HOTLINE - 865-385-6237 / PROGRAM EMAIL –
[KNOXVILLEYOUTHATHLETICS1@GMAIL.COM](mailto:knoxvillyouthathletics1@gmail.com)

Eligibility

Open to all boys and girls of Middle school age (grades 6, 7, 8) or Elementary School Age (grades 3,4 and 5). We realize that certain school districts have different grade designations for Middle School and Elementary School but we will need to adhere to one standard. The program is open to all public, private schools and homeschooled athletes. Middle School athletes must compete in at least one regular season meet in order to be eligible for the championship meet. Home schooled and or individuals who do not have schools participating may compete as unattached, part of a school team closest to their normal public school zone or as part of a recognized home school cooperative. The same applies to elementary school.

Virtual Learners may participate for their assigned school. Students without a team should first seek to begin a team in cooperation with KTC to develop and if unable, should attempt to compete unattached. This is to prevent all-star or AAU/USATF club teams including KTC. We will always try to form a team before having them compete unattached or for the next closest team.

Distances Run

Middle School - 2 miles for Boys and Girls / Elementary School - 1 Mile

Practice Times

These times are at your discretion. We recommend that you practice a minimum of 2-3 times a week in order to fully prepare the kids to complete a 2-mile (or 1 mile for Elementary) course comfortably. Your initial goal should be to promote positive fitness goals with performance issues taking a back seat to participation. There will be a guide published on the coaches' page to help you with sample training programs.

Knoxville Track Club Weekend Group Runs

Optional weekend (Sunday) group runs will be held each week starting August 30, 2026. Schedules of these runs are available on the main ES / MS Page. All individuals and teams and parents are encouraged to come out for an easy run on the courses that you will run the following Monday or Tuesday. This is a great way to preview the course while getting out with your teammates and parents to enjoy a healthy run. All group runs are lead by Knoxville Track Club Staff. Fluids are the responsibility of the individual athlete / parent.

Insurance

Practice and Meet Insurance coverage provided through the USATF (USA Track and Field) our sport's governing body. Individual accident medical coverage (pays as overage to primary parent coverage) is provided as part of Registration Fee.

Costs

\$ 70.00 per athlete for the entire season (one meet or all 6) – Made payable to Knoxville Track Club.

Program fees are due at the first meet when you pick up your bib numbers. If you require a receipt for your meet entries please email knoxvillyouthathletics1@gmail.com with your request prior to the first meet. For those athletes who are not able to afford the program costs a fee waiver may be granted. Please contact the program director for details. The program fee will cover the following operational costs:

- Security for all meets
- Porte-Johns

- Course Preparation - marking
- Practice Insurance for athletes
- Event insurance and liability insurance for coaches
- Individual accident medical coverage for the athlete
- Bib numbers, Bib Chips and pins
- Awards
- Fluids and cups at meets
- Office supplies
- Bib Chip Timing and Results
- Course supplies – Marking / Flagging / Finish line
- PA System at all meets

Concessions will be available at all meets and the official program shirt will be on sale at each meet for \$25.00. Please encourage your kids to purchase one. All proceeds go towards keeping our program costs to a minimum.

Shirts must be pre-ordered. No T-shirt sales on site.

Uniforms

Team Uniforms should attempt to wear similar tops in color or design to assist in identification and should not be representing another team, club or entity.

Unattached athletes should not wear uniforms that appear to represent a team, club or entity.

Uniforms assist those marshaling or timing the event with identification if a bib number is not visible in the instance that an athlete does something worthy of disqualification, injured or needs a result.

Meets

Elementary Meets will generally be held on MONDAY's - with the exception of 9/5/2026 - Saturday (first program meet) and (Labor Day) when we will run on Wednesday 9/9/26). The final meet will be the ES Championship Meet 10/3/26. Allow for ample time to get to the meet site and for parking. If at all possible try to car pool so that we can keep parking problems to a minimum Six meets total. Please check the schedule for meet start times, as they will change somewhat according to the meet location and available light towards the end of the season. Most meets should be over by 7:45 PM

Middle School Meets will generally be held every TUESDAY with the exception of 9/5/2026 - Saturday (first program meet) and the second meet, which will be 9/10/26. We will end with the MS Championship Meet 10/3/26. Six meets total. Allow for ample time to get to the meet site and for parking. If at all possible try to car pool so that we can keep parking problems to a minimum. Please check the schedule for meet start times, as they will change somewhat according to the meet location and available light towards the end of the season. Most meets should be over by 8:30 PM.

REGISTRATION — All teams and individuals must register and submit their rosters online by August 31, 2026 (midnight). All fees may be paid online or at the first meet. **If you are a member of a team the coach will process your registration. If you are unattached or not competing with a team you must process your registration by August 31, 2026.** Registration Link can be found at the main program page or under the registration header (click programs) off of the main Knoxvilleyouthathletics.org website..

2026 Elementary & Middle School Cross Country Program Schedule

Can be found at the following link:

<http://knoxvilleyouthathletics.org/elementary-and-middle-school-cross-country-program/#1490386559644-9f30dcf2-73b7>

Where do I direct parents to find out information about the program?

1. On KTC Front Page (knoxvilleyouthathletics.org) go to main header “Programs”. Scroll down list and click on Elementary – Middle School Cross Country. This will bring you to the main info page for your parents. This page has everything they need to know and download.

How do I get to the coaches page?

1. Follow the steps listed above in # 1
2. Click the Tab for Info Links – then click the link for Coaches Page. On this page you will find all the important info links you will need as a coach in the TAKE TIME NOW TO REVIEW ALL THE LINKS IN THE TABLE!! – It will save tons of questions later.

Starting Line / Finish Line and Cross Country Etiquette

Cross Country Spectator, Athlete and Coach Etiquette

In an effort to ensure that every runner is given an equal opportunity to complete our cross-country courses safely while giving parents and spectators ample opportunity to view the participants, Knoxville Track Club has developed simple guidelines for parents and spectators to follow during the meet. Please take time to go over these simple rules and pass them along to your family members or meet guests.

Course

Coaches, Parents and spectators are welcome to view runners on the course however the course is set up for the runners. Please be aware of caution tape, flagging, red traffic cones and painted lines. These are used to outline the course boundaries. Spectators should stay outside of the course boundaries and never cross over the course while a race is in progress. Crossing in front of runners no matter what place they are in is both hazardous and disrespectful. Wait till the ENTIRE FIELD has passed before you cross over a course boundary. Once your runners race is over please do not use the course to exit the competition area until the race is completely finished. Use caution when walking around course boundary markers so as not to alter their placement or direction. This could effect the direction the runner takes on the course. Remember the course is our “Field of Play”. Think twice about placing yourselves in it. You would not be able to randomly cross a football field in the middle of a game or walk across the free throw line to get to the other side of the court while a game is in progress – the same applies to our courses in cross country.

FAMILY PETS

Under **NO CIRCUMSTANCES** will family pets be allowed at our cross-country meets. If you insist on brining your pet you will be asked to leave the facility. Large crowds and pets do not mix well. We have had instances of pet – athlete – spectator interactions that have not gone well and we will not tolerate this in our program. **INFORM THOSE WHOM YOU INVITE TO WATCH TO ABIDE BY THIS POLICY AS WELL**

Assistance

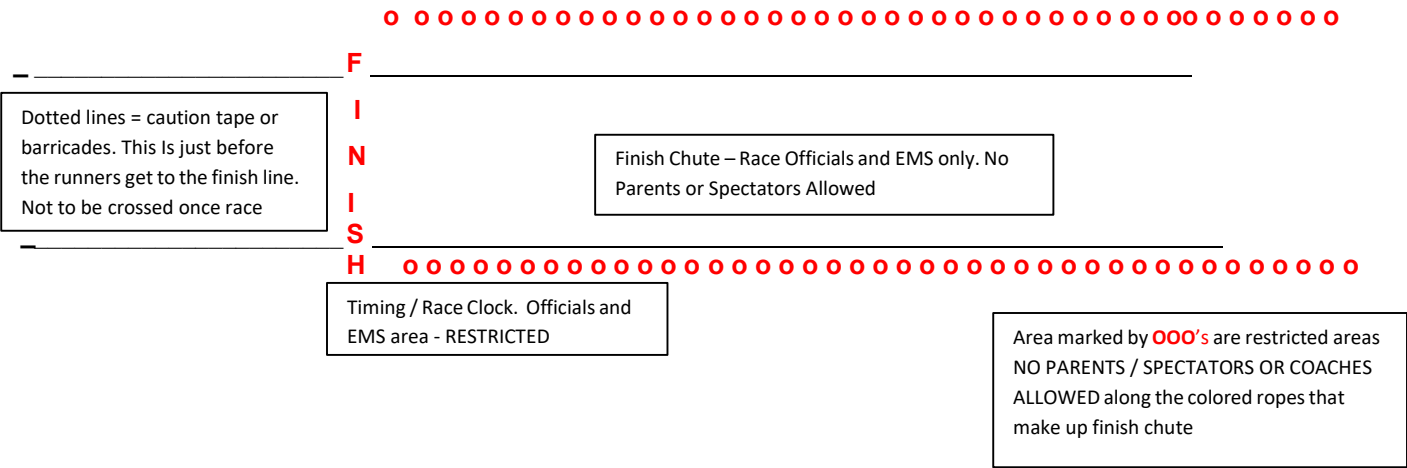
Pacing or running, biking along side of an athlete during a race is prohibited. If an athlete needs special assistance due to a disability please make sure race officials are aware of this prior to the start so accommodations can be made. Providing fluids during the race outside of that provided by officials is not allowed unless a participant is in physical distress.

Starting Line

In order to insure a safe and equitable start for participant's, all parents, spectators and coaches will not be allow to gather in front of the starting line for any reason. Team pictures, coach's last minute instructions will take place behind the athletes.

Finish Line

KTC finish lines are generally set up in the following manner. Please pay close attention to the areas where parents, spectators and coaches are not allowed to stand or gather. Notice where the finish clock is located and make sure all runners and spectators have a clear view of the clock – i.e. do not stand in front of the clock blocking its view.



Athlete Etiquette

All runners should show respect for each other on the course and in the finish chute. Though starts will be crowded please make sure your runners do not shove, trip or push other runners. Extending hands and arms for balance or to prevent collisions are within competitive boundaries. Intentional acts of shoving, tripping, pushing or unsportsmanlike conduct will result in a disqualification from the race and a meeting with KTC Director, school coach, parents and athlete. Runners are not allowed in any form shape or manner to intentionally impeded the forward progress of another runner. This is most especially true when running in to the finish line. Athletes must keep arms and hands in towards their body and they are not to be used to block someone’s progress to the finish line. This to will result in disqualification from the race. Please encourage your athletes to act like they have crossed a finish line before – grandstanding, cartwheels, etc. are discouraged. Once the finish line is crossed all runners should stay in line and in order not passing or shoving in the chute.

Knoxville Track Club Elementary / Middle School Cross Country Program
Inclement Weather Policy

Practices – Each participating school (coach) may either hold or cancel practice at their respective sites at their discretion. It is the individual coach’s responsibility to inform parents of practice cancelation. As a general rule we will run in the rain. If there is lightning in the area practices should be delayed for 30 minutes to allow weather to clear. If at this time there is still lightning in the area – practice should be delayed an additional 30 minutes. If after 2 – 30 minute delays, lightning is still in the area, practice should be canceled.

Meets – In general terms meets will run as scheduled. If weather forecasts call for threatening weather please do not assume we will cancel the event. Meet officials will be out on the meet course the morning of each meet through the start of the meet and will assess the weather status as it stands at the meet course. PLEASE DO NOT CALL THE KNOXVILLE TRACK CLUB HOTLINE the day of the meet to find out if it will be held. If there is any cancellation of the meet it will appear on the Facebook or Live Results feed no later than 1:30 PM the day of the meet. You may like us on Facebook at Knoxville Youth Athletics where weather cancellations will also be posted. These are the ONLY locations it will be posted. As a general rule we will run in the rain – even driving rain. If there is lightning in the area the meet will be delayed for 30 minutes for weather to clear. If at this time there is still lightning in the area – the meet will be delayed an additional 30 minutes. If after 2 – 30 minute delays with lightning still in the area, the meet will be canceled. Cancelled meets will not be made up or rescheduled

KNOXVILLE TRACK CLUB – ELEMENTARY / MIDDLE SCHOOL CROSS COUNTRY – LOST CHILD PROTOCOL

We are very fortunate that so many kids are involved in our fall cross-country program and are seeking a healthy lifestyle through running. This also means that at an average meet you can have as many as 4000 people (parents and siblings included) in and around the start-finish-course area. While each team in our cross country program may have set up a protocol for their respective athletes to return to a central meeting point after the conclusion of a race, Knoxville Track Club is encouraging coaches and parents to please inform your children that if they are unable to find their coach or parent after the race to report directly to our concessions area (where our fluids / snacks and program t-shirts are sold). **Coaches / Parents should make sure that all athletes are aware of where this area is located prior to the start of the race.** Our concessionaire will be able to make sure an announcement is made over the PA for parent / coach to retrieve their child / athlete. Our concessionaire also has a cell phone by which contact can be made with the coach or parent. In order for this to work effectively we recommend that your athlete / child know your cell number so it can be called. Regardless we will continue to make announcements over the PA until a lost child is reunited with their parent or coach. You will be required to fill out a sign out form when you pick them up and a picture will be taken for security purposes

Participant Bib Numbers

Each participant will wear a bib number on the front of his or her shirt or jersey. Bib numbers are unique to the participant and should not be given to another runner to wear. Please pay close attention to pinning the bib on correctly as show in the diagrams below

Additional Meets / Programs

Victor Ashe Park Fall Classic

Hosted by Knoxville Track Club the Victor Ashe Park Fall Classic will be held 8/30/25 at Victor Ashe Park. This is a great opportunity for kids to run against athletes from out of town and even out of state. There are divisions for Elementary, Middle and High School teams / individuals. If you have registered for the program and paid your program fees your entry into this meet has been paid for.

Knoxville Track Club – Tennessee State Elementary and Middle School Cross Country Championships – 10/24/26

Join 2100 other Elementary and Middle School runners from across the state to vie for a state team and individual titles. In order to qualify for the state meet your team must place in the top 5 (or have placed in the top 30 individually) in the Area MS Championships held at Victor Ashe Park 10/3/26. Elementary School runners by placing in the Top 5 Teams (and top 30 individuals) at the area ES Championships held at Victor Ashe Park on 10/3/26.

Knoxville Track Club Post Season Cross Country Program

At the conclusion of the Elementary-Middle School Cross Country Program participants who are interested may continue their Cross Country experience by taking part in Knoxville Track Club Post Season Cross Country Program. Starting October 29th boys and girls ages 8-18 will practice 3-5 x a week at four area practice sites. The Knoxville Track Club Team will compete in several races leading up to three season end cross country championships. Call Bobby Holcombe @ 865-643-2840.

Course Descriptions / Directions

Victor Ashe Park

The course will start and finish on the soccer fields just below the concession stands and rest rooms. Course boundaries will be mowed-in by the City of Knoxville Parks and Recreation Department. A 10 meter path has been laid out through all wooded areas. Wide open starting area with a flat start. Course will be rolling. Rest rooms will be available at the park concession area and supplemented with porta-johns. The park is located adjacent to Badget Field access to the park will be off of Bradshaw road and not Badget Field. **Directions:** Off of I-640 take the Western Ave. exit. Follow Western Ave West (towards Oak Ridge) .3 miles to Ball camp Pike - take a right at the light by Wendy's Restaurant and follow Ball Camp to Bradshaw Rd. Take a right onto Bradshaw and follow 1 mile to the entrance to the park on left. Bear left when entering park to the XC parking area, please follow parking instructions given by security officers.

Cove Lake State Park – Caryville, TN

Cove Lake State Park course has been used annually for high school cross country meets as well as a local summer road race. The MS course is mostly grass and rolling. There is an exterior and an interior loop. There are 3-4 paved bike path cross over and a concrete bridge crossing of about 40 meters. Some may want to stick with non-spiked shoes. The ES course is a single grass loop mostly flat. Both races start in the open field below the restaurant and finish in the outfield of the softball field. **Directions:** Take I-75 North (from Knoxville) to exit 134 (for 25W). Bear right off exit and proceed on 25W past stoplight for .8 mile, the entrance to the park will be on your left. Please follow security and parking volunteer instructions once in the park.

Walter State -Sevierville

Returning for 2020. Held at Walter State – Sevierville Campus. From I-40/407 exit, take Winfield Dunn Pkwy to Hwy 411/Dolly Parton Pkwy. Head East until you get to Old Newport Hwy/Pittman Center Rd. Campus is on your left about a mile from 411. The alternate route is to continue on 411 another ½-1 mile to Long Springs Rd. Turn right and then right about a mile down onto Old Newport Hwy. This will avoid a lot of traffic typically. Please follow security and parking volunteer instructions once in the campus.

Johnson University - Knoxville, TN

After a three year hiatus while building their University Activity Center, Johnson University will once again host our elementary and middle school regular season meet. Both courses will be new with the middle school course retaining the creek jump long climb “Up the Ridge”. **Directions:** From the West and South (Via I-40/75) - Go to downtown Knoxville on I-40/75; take Exit 388 (441 South - Henley Street) and follow signs to US 441 South, which becomes Chapman Highway. From the river bridge downtown go past Wal-Mart to the traffic light at Herndon's Chapel Road (7 miles). Turn left on Herndon's Chapel Road and travel 5 miles to JU.

Roane State Community College – Harriman, TN

A brand new course located on the scenic Roane State Community College main campus, this course will offer a simple but strategic course with rolling hills, a mix of open grass and trail. 276 Patton Ln, Harriman, TN 37748. For most participants take I-40 West towards Nashville exiting at 347. Head West on Roane St 2.3 miles and turn left on Patton St. Course will be on the left, majority of parking will be on right. Coaches parking will be on left. Alternatively, you can exit at 350, turn left on Pine Ridge then right on Broadway of America. Travel 4.9 miles then turn right onto Patton St. Course will be on right, majority of parking on your left. Coaches parking on your right.