

## ***Jamestown Cross Country 2024 – Quick Info Guide***

Sign up for more info at: <https://forms.office.com/r/r1jFUMvTZ7>

### **Expectations:**

Athletes will attend all practices.

Athletes doing another Fall Sport please talk to Coach Tompkins

Athletes will compete in the 2-4 Bay River District Meets

**(I have submitted a proposal to the BRD meets from 3: 1 in Aug, Sept and October)**

The regular season will end at the Bay River District Championship (October 30th)

The top ten will be selected by October 20th for the BRD Champs, Regions, and States.

### **Mandatory practices start on Monday, August 5<sup>th</sup>**

All athletes must report to practice on Monday, August 5th at 6:45 am with a completed VHSL Sports physical and online registration complete dated after May 1st, 2024.

### **Jamestown Cross Country 2024 Meet Schedule -all meets are currently tentative.**

RVA Relays, Saturday September 14 (Whole Team)

BRD #1 Wednesday, September 18@ York

BRD #2 Wednesday, September 25 @ Poquoson

BRD #3 Wednesday, October 9 @ JHS

BRD #4 Wednesday, October 16 (Whole Team) @ Tabb

BRD Championship – Week of Oct 30 **all BRD schools @ Jamestown HS**

Region Championship -November 6<sup>th</sup> or 7th **Top 7 race (3 alternates) Windsor Castle Park**

4A State Meet, Saturday, November 16th – Oatlands

If you have questions or want more information:

Head Coach Mark Tompkins – [Mark.Tompkins@wjccschools.org](mailto:Mark.Tompkins@wjccschools.org)

Assistant Coach Collin Anderson – [Collin.Anderson@wjccschools.org](mailto:Collin.Anderson@wjccschools.org)

Assistant Coach Ronald Wallace – [Ronald.Wallace@wjccschools.org](mailto:Ronald.Wallace@wjccschools.org)

**Why Join Jamestown Cross Country?** We are a fun, mission oriented, large team!

**Girls are returning BRD Champs, Region Champs, and State Champions – 2023!**

**Boys are returning BRD Runner-Up, Region Champs, 9th place finish at state meet - 2023**

**Values:** Purpose, Discipline, Honesty, and Tenacity



# 2024 Iron Eagle XC Camp

Come join the defending State Champions this summer for the return of Iron Eagle XC Camp!



## How do I sign up?

- Fill out this form: <https://forms.office.com/r/x3Lzpm5xdJ>

## What?

- A 4-week pre-season camp full of training and fun!
- Athletes will do a run, core/strength work, and recovery each day.
- 2 days a week of Weight Training

## Cost:

- \$60 for 4 weeks
- \$45 for 2 weeks
- \$15 for 1 week
- T-Shirt: \$15

## When?

- July 8th-31st
- Monday-Thursday, 7:00-8:30 am

## Who?

- All rising 7-12 graders are encouraged to attend!
- All athletes MUST have a VHSL Sports Physical to participate.

## Where?

- Monday, Wednesday, Thursday: Jamestown, Tuesday: WISC

## Questions?

- Coach Tompkins:  
[Mark.Tompkins@wjccschools.org](mailto:Mark.Tompkins@wjccschools.org)
- Coach Anderson:  
[Collin.Anderson@wjccschools.org](mailto:Collin.Anderson@wjccschools.org)



- Coach Wallace: [Ronald.Wallace@wjccschools.org](mailto:Ronald.Wallace@wjccschools.org)

Date	Time	Location
July 8 <sup>th</sup>	7:00-8:30 am	JHS Track
July 9 <sup>th</sup>	7:00-8:30 am	WISC
July 10 <sup>th</sup>	7:00-8:30 am	JHS Track
July 11 <sup>th</sup>	7:00-8:30 am	JHS Track
July 15 <sup>th</sup>	7:00-8:30 am	JHS Track
July 16 <sup>th</sup>	7:00-8:30 am	WISC
July 17 <sup>th</sup>	7:00-8:30 am	JHS Track
July 18 <sup>th</sup>	7:00-8:30 am	JHS Track
July 22 <sup>nd</sup>	7:00-8:30 am	JHS Track
July 23 <sup>rd</sup>	7:00-8:30 am	WISC
July 24 <sup>th</sup>	7:00-8:30 am	JHS Track
July 25 <sup>th</sup>	7:00-8:30 am	JHS Track
July 29 <sup>th</sup>	7:00-8:30 am	JHS Track
July 30 <sup>th</sup>	7:00-8:30 am	WISC
July 31 <sup>st</sup>	7:00-8:30 am	JHS Track
Aug 1 <sup>st</sup>	7:00-8:30 am	JHS Track