

CENTRAL DAUPHIN CROSS COUNTRY

XC Terminology

Cross Country - a sport where runners traverse varied terrain, High School length is 5000 meters.

Varsity - top 7 runners (top 8 runners in MPC meets)

Junior Varsity - all other runners

NFHS - National Federation of High Schools; governing body for high school sports

PIAA - Pennsylvania Interscholastic Athletic Association; governing body for Pennsylvania sports

District III - one of 12 regions in Pennsylvania

Mid-Penn Conference - local 30 team conference in Adams, Cumberland, Dauphin, Franklin, Lebanon, Perry and York Counties

Commonwealth League - 7 team league; Carlisle, CD, CD East, Chambersburg, Cumberland Valley, State College, Mifflin County

Training Words

Pace - running a set distance at an established rate

Race Pace - the rate at which one runs his/her race

Speed - a term designating a day of training at an increased tempo

Tempo Run - a run of a set time/distance at an increased rate (usually 1 minute slower than race pace)

Striders - running with good biomechanics at race pace or faster

Hills - running up a hill to increase the effort for the same distance

Fartlek - Swedish "speed play", increasing one's pace for a short time/distance during a longer run

Surging - increasing one's pace for a short time/distance during a longer run (usually 30-90 seconds)

Repeats - running set time/distance with a 1:2 run/recovery ratio (usually 400-1600m)

Intervals - running set time/distance with a 1:1 run/recovery ratio (usually 100-800m)

Long, Slow Distance (LSD) - running for a long distance or long time at a slow pace

Jog - conversational pace

Jog Recovery - jogging after an event to allow the body to gradually return to pre-stressed conditions

Tapering - a term describing the reduction in training prior to big events or championship competitions

Turnover - the rate at which ones legs move and feet touch the ground

Training Partner - someone who runs with another person

VO₂ Max - aerobic fitness, ability to utilize available O₂

Lactate Threshold - aerobic efficiency, ability to removal lactic acid from muscle

Warm-Up - running before a race to a allow the body to gradually ready for a stressed condition

Cool Down - running after a race to a allow the body to gradually return to pre-stressed conditions

Racing/Meet Words

Walking the Course - the inspection of a course by a runner who is preparing to run

Box/Starting Box - the locating on the starting line that a teams lines up in for a race

Dual Meet - a meet between 2 teams

Tri Meet - a meet with 3 total teams

Quad Meet - a meet with 4 total teams

Invitational Meet - a meet in which more than 6 teams are invited

False Start - starting or otherwise moving across the starting line before a race officially begins

Disqualification - when an athlete is removed from competition due to an infraction of the rules

Fast Gun - a quick start

Finish Chute - poles, cones or flags narrowing the finish and collecting runners for finish order

Stick - a tongue depressor that one receives at the end of a race

Group - a number of runners running at a given pace (Pack)

Group Running - running in a group at an established pace

PR - personal record, also PB - personal best time

SR - season record, best time of the season; also SB - season best

CR - course record, fastest time on course; CB - course best

HB - home best time

Place - the position a runner finishes in a race

Race Finish - the ranking of a runner with respect to all runners in the race

Team Finish - the ranking of a runner with respect to his/her finish on the team