

Shooting Cross Country

By Robert J. Courtemanche, CJE rcourtemanche@galenaparkisd.com
Galena Park HS, Texas
Permission for use granted for any classroom teacher in a public or not-
for profit / non-profit school system.

Camera Set Up

- Outdoor Sport
- F/16 or F/8
- 250-500 Shutter Speed
- ISO 100-400
- Daytime lighting will depend on time and weather.
- 70-300 mm lens



Where To Stand

- This is a walking sport. You will walk a lot. Most courses are shaped like peanut.
- The start, mid-point and finish are close together.
- The course is long, so there will be lots of time to shoot nothing.



Where To Stand

- Follow the coaches!
- The coaches will know where the athletes will be.



Length Of The Race

- Cross Country is a timed event.
- The fastest time wins.
- Times under 18 minutes are considered very good, but many won't finish until after 20 minutes.
- There will be several races. (JV, varsity)



Safety

- Cross Country poses little or no threat to you.
- You need to stay out of the runner's way!
- Stay off the course.
- Watch out for wet, muddy or other weather issues.
- In Texas, bring bug spray!



Gotta Get 'Em Shots

- Cross Country is a relatively slow sport for a running sport. It is long distance running, so the players pace themselves.
- You will have some time to set up and get a good shot.



Backup Plan - aka Plan “B”

- Get shots of groups - most CC teams run in packs of 2-5 runners who have a leader.
- Get the start and the finish. Shoot every runner on your team at the finish.
- Shoot warm-up time
- Shoot the coaches with the runners



Keep A Lookout!

