**Cross Country Meet Procedures**

**Preparing for the Meet: What to Bring**

* Appropriate attire for all weather possibilities (gloves, hat, long-sleeved & short-sleeved shirt, under armor). BRING EXTRA SOCKS!
* Uniform (singlet & shorts) and racing shoes
* Water / sports drink and possibly a few light snacks
* The bus will leave from KE at the time listed on the schedule. Get there early. If you are going to be a few minutes late, let a coach / captain know.
* Tip: pack your bag the night before. Remember – it’s always better to have too many clothing options than not enough.

**Dual Meets**

* Dual meets are scheduled to start at 4:30pm, but may start a little later if teams are late in arriving. A good rule of thumb is 30 minutes after the last team arrives.
* Girls run first. Start your warmup as soon as we’ve got our team area set up.
* Boys run after the girls’ race finishes. Start your warmup as soon as the girls’ race starts.
* Get to the starting line with all of your warmups off at least 5 minutes before your race starts.
* After the race: rehydrate, cooldown, and stretch.

**Invitationals**

* After we arrive at the meet site and secure a team area, all team members will walk the course (or most of the course). Take note of hills, mud, sections with poor footing, etc.
* Meets have a time schedule listing the starting time of each race. Most meets will stick to this schedule very closely. They may run a few minutes later than listed if need be, but rarely will run early.
* Start your warmup 45 minutes before your race is scheduled.
* Get to the starting line at least 10 minutes before the race starts (you can bring your warmups; we will collect them at the starting line).
* After the race: rehydrate, cooldown, and stretch.
* After all races are over: short cooldown with the entire team.

**Non-Runners**

* If you are not competing in a meet due to injury, etc., you will still be expected to be there to support the team.
* Non-runners will also assist the coaches in recording split times, carrying equipment, taking pictures, and other related duties as needed.
* Wear team colors! Be loud and cheer on your teammates!

**Warmup Procedure**

Proper warmup on competition days is critical to ensuring a successful and injury-free cross country season. THE WARMUP IS NOT OPTIONAL! Your warmup should start 45 minutes (for invitationals) or 30 minutes (for dual meets) before your race is scheduled to start, and consists of:

* 5 – 10 minutes of easy running (you can run on the course if you like, but watch out for runners if a race is in progress)
* 10 – 15 minutes of form running
* 5 – 10 stride-outs from the starting line (10 – 15 seconds of running at race-pace or slightly faster to simulate the start of the race)
* If you need to go to the bathroom, give yourself plenty of time. There usually aren’t very many bathrooms and the lines can get long!

At invitationals, the officials will usually announce when the race is about 10 minutes from starting. At this point, make your way to the starting line. Each team will be assigned a place on the line. Once the team is together, do one final stride-out and have a team huddle / last minute motivational hype-up session led by coaches or captains. Get psyched up!

**Cooldown Procedure**

Cooling down properly after a race is very important. Your cooldown should start 10 – 15 minutes after you finish, and consists of 5 – 10 minutes of easy running followed by 10 – 15 minutes of static stretching.