

Cross Country Meet Timeline and Procedures

From the moment you arrive at the course, you are focused, in “game mode” and not distracted. No one should have to look for or wait on you.

90 min before race (or earlier):

- Arrive at the course, PRE-HYDRATED (urination is frequent and almost clear!), drop off bags, group up with your team
- Find out Starting Box Number
- Put Bib number on your Singlet & Timing chip on spike
- Begin walking the course with your team, check out the starting box, look at the finish line, visually mark 800 meters to go
- Sip water as needed
- Bathroom break(s)

50min before race:

- Group up with team, begin warm up *together*
 - Varsity/JV: Run 2 miles EASY OR 15-20min.
 - C Team: Run 1.5 miles EASY OR 12-18min.
- Optional bathroom break
- Grab EVERYTHING you need and make your way to the starting box (including water for final sips)
- Begin Dynamic Warm up routine on the starting line
- Optional bathroom break

20min before race:

- Put on spikes
- Do 4-6 strides on starting line *note warm up gear is still on
- Ample rest between strides^^
- TEAM HUDDLE

5min before race:

- Your last stride should be completed
- Stay WARM: walk around, stretch, leg swings

3min before race:

- Take off warm up gear starting with pants, then jackets/ t-shirts (if weather is chilly)
- A layer of sweat on your body at the starting line is a GOOD THING.

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POST RACE

This is NOT the time to hang out with mom/dad, boyfriend/girlfriend. Say "thanks for coming! I'll see you after my cooldown!" your competition is NOT over until you have completed the entire cool-down routine! Efficiency is KEY to your success and your body's recovery. Practice Excellence in Everything you do!

IMMEDIATELY

- Find your teammates, head back to camp, drink water, take off spikes and put on training shoes (and warm up gear if the weather is cool). No loitering/sitting/hanging around. DO NOT make your teammates wait on you.
- Group up and begin the cool down TOGETHER. (This can be done while cheering on other races as long as you complete everything!)
 - Varsity/JV: 2 miles EASY OR 15-20min
 - C Team: 1.5 miles EASY OR 12-18min
- Static Stretching Routine: THIS IS KEY to your body's recovery. Do this as a group!

Only after the above is completed, you are free to visit with family and friends.

- **Refuel!** Your body needs some sort of fuel soon after competition. It can be small like a snack as long as you are getting a full meal after you leave.
- **HYDRATE!**