

## WARREN CROSS COUNTRY

### Meet Expectations and Procedures

- All athletes are expected to travel to meets on the school bus with their teammates. Only in **EXTREME** cases (family emergency, family event) will there be any exception to this policy.
- Students will be allowed to ride home with **parents only** - no exceptions. **No friends, other parents, other relatives. I must see your parents and they must sign a release form before you can leave.**
- All team members should stay for awards and results to support their teammates except for situations where the student has another time sensitive commitment (ACT, band competition, wedding).
- If an athlete is sick and unable to compete, then they should stay home and get healthy! It's not worth endangering your teammates' health. Do not share water bottles!
- Absences from meets are not acceptable and will result in removal from the team.
- At all times be courteous to officials, competitors, coaches, and parents.
- If you have an inhaler to use, you must have a note from your doctor.

### Pre-race night:

- Don't stand on your feet all night before a race
- Eat a reasonable healthy dinner
- Prepare spikes, pack your bag, and lay out your clothes
- Be to bed at a regular time (no later than 10:00 or 11:00)

### Pre-meet checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Positive attitude                            | <input type="checkbox"/> Uniform shirt and shorts                  |
| <input type="checkbox"/> Warm-up bottoms and top                      | <input type="checkbox"/> Training shoes                            |
| <input type="checkbox"/> Race flats (put in spikes the night before!) | <input type="checkbox"/> Extra socks                               |
| <input type="checkbox"/> Water bottle and healthy snacks              | <input type="checkbox"/> Any medicines you need                    |
| <input type="checkbox"/> Extra shoe laces                             | <input type="checkbox"/> Watch                                     |
| <input type="checkbox"/> Band-aids                                    | <input type="checkbox"/> Itinerary and course maps                 |
| <input type="checkbox"/> Towel  | <input type="checkbox"/> Dry clothes to change into after the race |
| <input type="checkbox"/> Hat & gloves if needed                       | <input type="checkbox"/> Rain gear (if needed)                     |
| <input type="checkbox"/> Sweatshirt or long sleeve-T (if needed *)    |  |

- *Dress as you would if it were 20 degrees warmer than it is and you would not be running. For instance, if it is 50 degrees, you should dress to race the same way you would dress if it were 70 degrees and you were going to be watching*

### Race morning

- Wake up at least 3-4 hours before you race.
- Have a *light breakfast* and begin to drink water.
- Stay away from acidic food, such as orange or grapefruit juices if they upset your stomach, or foods high in fat and/or protein (eggs, meat, peanut butter).
- Do not eat anything which you might believe will upset your stomach
  - See attached sheet for suggestions – for example, a bagel or toast with butter (not with cream cheese) or a banana.
- Check to make sure you have everything before you leave for school (uniform, shorts). We will NOT wait for someone to drive home and pick up his or her stuff.
- If you are on *Tent Duty* or *Water Duty*, you will be expected to load and unload the tent and water and help set it up.
- Relax on the way to the meet. Visualize the race.

### Bus Procedure

- Be early or on time and respect your teammates!! We will leave without you.

- Excessive noise or distracting behavior will not be tolerated.
- You must remain in your seats and be on your best behavior.
- The bus driver is in charge, so be respectful and courteous.
- Do not throw anything out the windows.
- Only eat if we tell you that you are allowed.
- If you miss the bus, you will not race.

### Uniforms

- Cross Country competitors must wear school issued uniforms. Additional garments (spandex shorts or tights, short or long sleeve tops, athletic bras) must be a solid color and worn under the uniform. Traditionally, our upper garment color has been white. National and State association rules only allow ONE logo on a garment - this makes Under Armour illegal unless modified. (put tape over logos)
- ALL Jewelry items, including all finger, ear, nose, or belly rings, necklaces, bobbypins, hair clips, and bracelets, ARE NOT ALLOWED IN COMPETITION!!!
- Digital watches may be used in competition, but NOT regular watches.

### Disqualification

Athletes may be disqualified for the following infractions:

- Uniform violations (Shorts rolled, shirt untucked, all not the same, etc.)
- Failure to follow directions of meet personnel.
- Use of profanity.
- Impeding, interfering, or physical contact with a competitor.
- Failure to run the designated course. (I.E. cutting)
- Fighting or aggressive behavior (and if I see it and the officials don't, expect to sit at least one meet)

### Race distances

- The race distance is 3.1 miles or 5k for HS, 2 miles for jr high.

### Race scoring

The sum of the top 5 finishing places for each team represent the team scores. The low score wins. Teams with fewer than 5 runners are incomplete and their finishers are deleted from scoring. In the event of a tie, the 6th finishing place for each team determines the winner. Number 6 and 7 runners do not figure in a teams score, but as "displacers" they move runners from other teams back, increasing the opponents score.

### Race Procedure

**You and your teammates should follow the following procedure as a team!!**

On arrival to the competition site you and your teammates are expected to:

1. Put your race number on your singlet as soon as you get it so it doesn't get lost
2. Walk and/or run the course for a warm-up. Discuss race strategies with teammates and coaches. The course review is a time to look for conditions and course layouts that may affect your strategy (narrow spots, muddy spots, etc)
3. Follow the warmup routine including drills
4. Race Hard and do your best!!!
5. DON'T fall down in the chute. Walk all the way through.
6. Congratulate teammates and competitors.
7. Immediately change your shoes, put on your warm-ups, and jog 15 minutes minimum for a cooldown. You'll feel better the next day.
8. Discuss race achievements and areas of improvement with teammates and coaches.
9. Your races are hard workout days that should total about 7-9 miles for high school and 4-5 miles for jr high.

**Don't forget to support your teammates and the junior high or HS as you are cooling down from your race or warming up for your race!**