

XC Meet Survival Guide

The Week Before-

It's important to hydrate all week long. Saturday morning is too late to get your body ready for competition!

Thursday Night-

This is the most important night to "carb-load" and get rest! Eat a high-carb dinner tonight. Pasta is a great choice to "fill up your tank". This is also the most important night to get good sleep. It's important to get to bed on time and get at least 8 hrs of sleep.

Friday Night-

Tomorrow morning will be an early morning! Make sure everything is ready to go tonight to avoid added stress in the morning. ***The team issued uniform is required for competition*** so this is a MUST have. Additionally, make sure you have directions, your shoes, post-race snacks, etc. ready to go! The grown-ups may want to bring chairs or blankets as we're often in a park and it's a long-time to stand.

Saturday Morning-

Dress warm with layers as XC mornings can be chilly. Warm-up clothes should be worn until the athletes go to the starting line.

Eat a mild breakfast this morning. A bagel or toast is a good choice. Avoid citrus and dairy as they'll upset your stomach. Continue to drink water.

Plan to arrive at the course by 8am. The team will have ez-ups set up with the team "Warriors" banner clearly visible.

Upon arrival, quickly get settled and find your Age Group Parent.

Gremlin Girls: Dan Dyer

Gremlin Boys: Kellie Verdugo

Bantam Girls: Lisa Moser

Bantam Boys: Jeff Sherfey and Danielle Schoelen

Midget Girls: Heather Milliken

Midget Boys: Michael Pisaro

Youth Girls: Catherine Callaghan

Youth Boys: Michael Wenslow

Age group parents will get everyone organized for the course walk-through.

Course walk-through begins at 8:15. Stay together on the walk-through as Age Group Parents and Coaches may be pointing out important tips for the race course!

The first race begins approximately 10 minutes after the course walk-through and continues in the following order,

Gremlin Girls
Gremlin Boys
Bantam Girls
Bantam Boys
Midget Girls
Midget Boys
Youth Girls
Youth Boys

Age Group Parents will organize the final bathroom run, warm-up and stretching, shoe change (if needed) and the escort to the starting line. **Note: Only training shoes or flats are allowed in XC...NO SPIKES!** Athletes will also receive tags that they'll wear on the uniform to assist in gathering results at the finish line. In some cases, based on the size of the field, Girls and Boys in the same age group may be combined. Your Age Group Parent will keep you informed so stay close to them!

The time following your race will be exciting! Don't forget to take the time for a cool-down jog and stretch. It's also important to drink a sports drink and eat a high-protein snack. This will help your body recover after "Doin' Work!".

FYI-

You may want to bring some cash as concessions will be available at every meet. Additionally, Warrior Fan Gear will be available for sale including Temporary Tattoos, Warrior Cow Bells, Hair Ribbons and Friendship Pins.