

What to Bring to Cross-Country Meets:

Becker High School Cross
Country & Track

Adapted by staff based on information by
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What to Bring to a XC Meet

Runners should always bring the following items to a cross-country meet:

I. Race Gear:

- uniform (shorts and singlet/top)
- warm-up gear (team gear if issued)
- training shoes (extra pair for comfortable post race, especially if it rains)
- racing shoes/spikes (optional dependant on runner's preference)
 - replacement spikes and spike wrench
- two pairs of socks appropriate for warm-up, racing (three if it rains)
- towel (for post-race sweat, if it rains, etc.)
- Sports watch (verify with coach regarding use of watch before the meet)

II. Hydration and Energy:

- Water and Gatorade/PowerAde are recommended for hydration before the meet.
 - Runner may want to bring some liquids for the bus ride (verify our stop schedule before drinking too much) and for quick availability if provided water is not immediately available.
- Fruits, breads and snacks may be helpful at the meet.
 - Athletes will want to bring their own items that they prefer for pre-race energy needs. (Runners with races hours after the arrival of the bus may bring a meal to be consumed on the runner's personal timetable.)
- Recovery enhancers (a race is a hard day!)
 - Protein and carbohydrate replacement drink, gel or food. The body is ready to rapidly absorb carbohydrates and proteins to utilize in the muscle rebuilding cycle for 30-60 minutes after intense exercise. After this time, the absorption competes with the repair. Don't miss the window! (E.g. fruits, bars, desserts, etc.)

III. As conditions require:

- Sunscreen (in the summer and early season)
- Cold-weather gear; Stocking Cap, Gloves, etc. (especially late in the season)
- Bug repellent (late summer)
- Additional clothing, poncho, etc. for rainy conditions

All non-perishable or refrigerated items should be **PACKED** up the night before for all early morning bus rides. (The buses do not wait for you!) All perishables and refrigerated items should be organized in a way that they are easy to collect and head out the door.