

Cross Country Vocab

Huffing and Puffing Exhausted Tired Stitch Determined	Sprint/ ing Face plant Mud angels Walking Jogging Running	Muddy Natural Cones Slippery Puddles Deep Dirty Blades of Grass Prickly Grass Horses Paddock Gate Fence Sticks Music Sunshine	Cheering Clapping Chanting Singing Laughing Crying Screaming	Excited Nervous Butterflys Hungry Thirsty Lazy
Beat them Blitz Gassed Raced Battled Finish Boost it	Usain Bolt The Flash			Teachers Parents Supporters Spark People Marshal