

Cross Country Meet Procedures

At Home –The Night Before:

1. The night before a meet make sure you pack your uniform, running shoes, water, and snacks. There will NOT be loaner uniforms to borrow if you forget it.

At School:

2. After 6th period, go to the locker room to change into your full uniform. Then, meet at the lunch tables with all of your belongings. Do not waste time in the locker rooms.
3. The bus will arrive in front of campus at 2:30 and we will walk as a team to the bus. You will be checked in one at a time to see who is present/absent.

At The Meet:

1. When you wear SEMS gear, you represent all students, teachers, and staff members. At our meets, remember you are there for a reason – to compete to the best of your ability and to support your teammates. Please refrain from playing games and wasting time or energy at the meets. Save your energy for your race!
2. You must ride the bus to the meets. YOUR parent CAN sign you out and take you home from the meet. The sign-out sheet will be at our table, under the canopy.
3. When we arrive, we will stay together and set up our canopy and table so we know where our home base is. That is where backpacks will be stored. Each runner will then receive a timing tag and safety pin. Do not wander around the race site so we can hand out everything.
4. We will then be able to walk the course so everyone knows what to expect.
5. After a pep talk and race strategy discussion, it is time to race!
6. Races typically take place as follows: 4:15 pm - 6/7 girls, 4:40ish - 6/7 boys, 5:05ish – 8th grade girls, 5:30ish – 8th grade boys. **The 6th and 7th grade girls race is the only one that is an exact time.** All others follow about 20-25 minutes afterward, depending on the distance of the race and the pace of the previous group.

After The Meet:

1. Results will be posted near the finish line.
2. If you are leaving with a parent, please sign-out on the clipboard at our table.
3. If you are riding home on the bus, stay by our home base and we will walk to the bus together.
4. Estimated arrival time back at SEMS varies, but probably near 7 pm most races. Your child will contact you as we are on our way back to give an exact time.