

Cross Country/Track Check List

1. Uniforms WILL be given at the track meet. Wear your burgundy P.E. shorts to the meet.
2. You will need track shoes with/or without spikes not exceeding (1/4 inch) OR any good supporting running shoes. (Track and Field ONLY)
3. White spandex shorts (EX: Underarmour brand) Check Target they are cheaper. (CHILDREN)
4. Supportive sport bra and white undershirt (GIRLS ONLY)
5. White undershirt for boys.
6. Bring a long sleeve jacket and long pants to keep you warm, it will be cold.
 - The night before the track meet, eat a generous portion of spaghetti or pasta meal. The carbs will fuel you for the Saturday meet.
 - The morning of the meet, eat a small bowl of oatmeal, or grits not after 7AM or eat a banana or slice of toast.
 - Do not drink soft drinks, juice, Gatorade, or energy drinks. **YOU WILL CRAMP UP. (GATORADE CAN BE CONSUMED AFTER YOU RUN.)**

FOOD

Bring a turkey sandwich, fruits, or granola bar to eat during the day or after your final race. Please bring 4-5 bottles of water to hydrate yourself.

DO NOT DRINK COLD Water after you run. Always room temperature.