

Cross Country Meet Checklist

What to Bring:

- Yourself, on time! Please arrive 1.5 hours before your race
- Sweats (Top and bottom, sweats must be worn to all meets)
- Racing flats
- School issued Poly Uniform, Green Top and Black shorts
- Water
- Dry clothes to change into
- Bag or backpack with personal items you may need
- Any personal medications/inhalers
- Snack for after your race

All athletes must check out with a Coach before you leave, please pack your bag the night before so you don't forget anything.