

Practices:

- Practices are typically held at Memorial. Some Wednesdays are held at Lowes Creek. Typically freshman and sophomores that cannot drive get a ride with older classmen. Pick-up is at Lowes Creek. There may be some practices at Lowes Creek prior to school starting too.
- There will be optional practices offered in the pool at Memorial prior to school starting.
- The practice schedule is available on the MHS cross country website.

Uniforms:

What is given by the school?

- The school will provide a singlet (jersey), shorts, and cinch bag.

What should I purchase?

- Your runner needs running shoes. Both Scheel's and Blue Ox Running can fit your runner.
- Runners can run with spikes at the meets. Spikes are shoes that have metal spikes screwed into the bottom to help with traction and slipping. These are *not* required and will only be worn for meets. They can also be used for the track season.
- You are not required to purchase anything extra related to clothing. Meets go into October so your runner may want to purchase pants and/or a jacket and sweatshirt to go over the uniform. These are available on the Cross Country order form from Chippewa Valley Sports. If the weather is cold and runners choose to wear something under their pinnie, it must be white with a logo no bigger than 2.25 inch by 2.25 inch.

Meets:

- The meet schedule is posted on the Memorial Cross Country website.
- A few days prior to the meet the coach will put up the time that runners need to report to Memorial to get on the bus. For both of the Eau Claire meets (Husky Invite and the Old Abe), runners will need a ride to and from the meet, no buses will run.
- Course maps for meets are usually available online. Runner's will run in all kinds of weather and have access to a tent to keep their clothing items and themselves dry when not running.
- Please send a healthy recovery snack with your runner (string cheese, fruit, chocolate milk etc.)
- The team does not typically stop to eat after a meet.
- Results are available on-line typically by the Monday following the meet by going to the Memorial cross-country website or the day of by going directly to:
<http://www accuracetimeing.com>

