

# WEST HIGH WARRIOR CROSS COUNTRY

## What to Bring to a XC Meet

*Runners should always bring the following items to a cross-country meet:*

### **I. Race Gear:**

- uniform (shorts and singlet/top)
- warm-up gear- XC t-shirt and non-uniform shorts...sweatshirt when it's cooler.
- team shirt (usually worn to school on Friday and to the meet on Saturday)
- training shoes...The ones you run in at practice!
- racing Flats- the super light ones used for races only!
- two pairs of socks appropriate for warm-up and racing
- towel (for post-race sweat)

### **II. Hydration and Energy:**

- Water and Gatorade/PowerAde
- Food for before and after your race.  
Meets are long so make sure you bring plenty.
- Recovery enhancers (a race is a hard day!)
  - Protein and carbohydrate replacement drink, gel or food. The body is ready to rapidly absorb carbohydrates and proteins to utilize in the muscle rebuilding cycle for 30-60 minutes after intense exercise. After this time, the absorption competes with the repair. Don't miss the window! (E.g. Endurox4, Accelerade, chocolate milk)

### **IV. As conditions require:**

- Sunscreen (in the summer and early season)
- Cold-weather gear; Stocking Cap, Gloves, etc. (especially late in the season)