

## Cross Country Meet FAQ for Parents

- How long are the races?
  - Races are 2 miles. The only exception to this would be a jamboree meet, usually our first meet in August.
- Where do I park?
  - Parking depends on the race site. For races at Riverdale and Macon Co., there is parking in the schools' parking lots. For the Milton meet, parking will be in a grass field. Some races charge a parking fee, but this is rare. You will be notified in advance if cash is needed for parking.
- What do I do during a meet?
  - Cheer of course! You can go to various points during a course to cheer on runners. Typically, parents begin at the starting line, proceed to around the 1 mile mark, and then the finish line. There will also be various roles for parents during meets. You can cheer as loud as you want, but the one thing you may not do is run alongside runners. This is considered *pacng* and will get the runner and/or team disqualified.
- What and when should my athlete eat before a meet?
  - This depends on what foods work for your runner. I suggest a peanut butter sandwich, bananas, or oatmeal—nothing too heavy but with enough sustenance. Try to eat about 3 hours before the race. I don't recommend eating closer than 2 hours before race time; however, this is something each athlete will have to learn for himself/herself.
- Why do we have to arrive at least an hour early?
  - It is crucial for runners to be able to preview the course, warm-up, and get in the right mindset for a race. Being on time is super important to keep the flow of our race day.
- What should I bring to a meet?
  - Parents typically bring lawn chairs to put at our tent. There is some downtime before races begin or as we wait for awards.
  - There may also be the option to bring snacks for the team.
- How long do the meets last?
  - Meets typically conclude by noon. Each race schedule is a little different. Once the awards are given, the meets are complete. If you as

a parent cannot stay the entire time, please arrange for another parent to take your child home.

Last Updated: May 2020