

2018 CROSS COUNTRY SUMMER/FALL INFORMATION

All information and calendars are posted on meadexc.com

****ALL RUNNERS MUST HAVE A CURRENT SPORTS PHYSICAL TURNED INTO
COACH GARNER****

SUMMER CONDITIONING

- Monday, June 4 – Wednesday, June 20
- Tuesday, July 10 – Thursday, July 12
- We will meet at 9:00 a.m. at Buttermilk
- We will meet Monday-Thursday

BUTTERMILK FALLS 5K

- June 9
- A 5K will be run at Buttermilk and some of the proceeds will go to the cross country team
- I would like to see many of our runners out there for an organization that is supporting us
- \$10 per runner and includes a shirt

RUNNING SOLES SUMMER TRAIL SERIES RACE

- July 7 - 5K/10K
- \$30 for the 5K or \$40 for the 10K
- All proceeds are distributed between the area cross country programs
- Running Soles gave us a substantial check last year
- Not mandatory but they are good occasions to race and get money for our program

DEAD PERIOD

- Monday, June 25 – Monday, July 9
- No coach led practice or instruction is allowed
- You had better be running!!!
- Seniors should organize some running
- Great time for a family vacation

CROSS COUNTRY CLINIC

- Friday, July 13
- 7:45 am-3:45 pm
- At Central Hardin High School
- Come to learn about foam rolling, nutrition, and proper footwear
- Free to all athletes
- We will be taking a bus there

CROSS COUNTRY DAY CAMP

- Monday, July 16 – Thursday, July 19
- Each day we will be going somewhere different to run
- Each day will consist of running and something fun
- We will meet and load the bus at MCHS each day at 9:00 a.m. and will be back by 4:00 p.m.
- There will be a minimal cost per runner and the cost will cover all expenses including lunch and the activities
- I will have a complete schedule to give out closer to time

FAIR FEST 5K

- Saturday, July 21 at 8:00 a.m.
- The money we raise from this will help pay for shirts and the overnight meet
- It will cost \$10 to run and you get a free t-shirt
- I would like to see most of you there

MANDATORY PRACTICE

- Monday, July 23
- Each day will be at Buttermilk Falls
- We will meet at 9:00 a.m. Monday-Friday

END OF SUMMER TIME TRIAL

- Friday, August 3 at 8:30 p.m.
- We will meet at the MCHS track
- During warmups, there will be a parent meeting to discuss the upcoming season and answer any questions
- Time Trial will start at 9:00 p.m. under the lights
- Food will be provided after the time trial

SCHOOL STARTS

- First day of school is Wednesday, August 8

PRACTICE MEET

- Thursday, August 9
- Boys run at 7:00 pm and girls run at 7:30 pm at BBTEL
- Be at BBTEL at 6:00 pm

MORNING PRACTICE

- Begins Monday, August 13
- We will meet at the locker room at 7:00 a.m.
- Monday and Wednesday mornings only
- Showers will be available
- Mandatory for juniors and seniors
- Recommended for freshman and sophomores

FALL BREAK

- September 29 – October 7
- Practice will be mandatory for all high school runners over Fall Break for Monday-Wednesday.

FINAL MIDDLE SCHOOL MEET

- Saturday, October 20

REGIONAL MEET

- Saturday, October 27

STATE MEET

- Saturday, November 3

Meadexc.com: All meet itineraries, results, and team information are located on our team website.

Twitter: Follow MeadeTrackxc

Facebook: Like the page, Meade County Track and Cross Country