

How to Greet Your 1st Meet

Pre Race

Arrive early to get acquainted with the race course and find all of the strategic spectator spots – especially the start and finish areas, which are usually located near each other. Oftentimes there are meet maps available from a coach or the meet organizers.

Be aware that numerous races will be run during the course of a meet. A typical meet (running Boys and Girls Varsity and JV) will have four races covering about two hours. Other Invites can have multiple divisions and run all day. Find out the format of the meet and then which race your Spartan will compete in.

During the Race

Cross Country is NOT a sport observed from a stationary point. Runners frequently run off into the woods or down a fairway and don't re-appear for several minutes. Moving from spot to spot on the course may be necessary to keep in tune with how the team is doing. Ask other parents who have attended the meet before for the best spots to spectate. Or, simply follow the crowds. The real question is – How far and **fast** can **you** chase your kid around?

While CC may not be the most convenient spectator sport, the support you offer by your presence is valued immensely by the team. Your support is felt even greater at the difficult parts of the course...the lonely back loop where nobody else is, the killer hill, the half-mile-to-go mark (when everyone else is crowding the finish line), etc.

Meets are a great place to get to know other parents, share experiences and information, and have a great time. Just be ready to wear your running shoes, be ready to cheer for our Spartans, and be ready for that wonderful Wisconsin weather!

Post Race

After a runner comes through the finish chute, it is their responsibility to check in with their coach, return their scoring chips, re-hydrate themselves, find their sweats, and huddle up with teammates for a cool down. All of these responsibilities are delayed or made more difficult for them if family members are doing more than just stopping by with a quick high five or a "nice race!"

It is also important to note that after a race, a runner will possibly be more "spent" than you would anticipate. Symptoms may include rubbery knees, general weakness, the *appearance* of fainting, glassy eyes, nausea, and excessive salivating. These symptoms usually pass quickly. Meet officials, trained in first aid, are aware of these reactions and have the responsibility and ability to treat them if they become severe or abnormal.

Results are often posted later the same day at <http://www.pttiming.com/> or <http://www.wisconsinrunner.com/wccca/>

The Ride Home

It is preferred to have your Spartan runner ride home on the bus with the rest of the team. Bus rides home are part of the cross country experience. They are fun and healthy for team bonding. Check with Coach about the protocol for taking your athlete home with you.