

# Cross Country Meets

## 'What To Expect'

1. On a rainy day, check the website for cancelations. [cysi.org](http://cysi.org)
2. Arrive at least 30 minutes before the start of your event to allow for proper warm up.
3. Bring a bottle of water and stay hydrated.
4. Bring sweat pants and sweatshirt for warm up/cool down.
5. The first two meets will be done by 10:00 a.m.
6. The last meet will be done by 10:30 a.m. because of the award ceremony.

*Contact your Athletic Director or Cross Country coach for more information. Additional information can be found at [cysi.org](http://cysi.org) under the Cross Country link.*