**Practice Information:**

GMS Cross Country

* Practice will be held Monday through Friday after school until 5:00pm.
* Students will meet in the south gym after school.
* Bring clothes to change into. You can change in the south gym locker rooms.
* You can also bring a snack to have before practice and **PLEASE** bring a water bottle to use during practice.

**Meet Information:**

* Information for meets and a meet schedule will be coming out to runners once the school year begins.
* Each race is a 3k, which is approximately 1.8 miles.
* Home meets will be run at Craig Park.
* The team will travel by bus for away meets. Students will stay after school until the bus picks them up for the away meets. Students can either ride the bus home from away meets or ride home with a parent as long as a note signed by the parent has been given to the coach.
* Most meets will occur during the week. However, there will be three Saturday meets.

**Coaches/Contact Information:**

**Coach Lincourt**: 889-4047 ext. 248

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