Information for Incoming Freshman Fall ‘09

- Practice is held everyday after school for approximately 2 hours. Ride pickup is at 4:30 p.m. Saturday practices are at 9:00 a.m. There is one Sunday morning practice September 13.
- Meets are held at various locations in the Omaha area. Races are generally run between 4:00 and 5:00 p.m.
- Races are either 4000 meters (2.5 miles) or 5000 meters (3.1 miles) in length. You have a choice what distance you want to run the first two meets and the time trial. After that all races are 5000 meters.
- The Cross Country Camp for all those who are new to cross country will be July 20-24 from 9:30 a.m.-11:00 a.m. at Memorial Park in Omaha. We will meet at the softball diamond at the intersection of Underwood Avenue and 59th Street. You should bring a water bottle with your name on filled with water. We will run short distances and work on exercises, techniques, strategies, and form. You should wear running shoes, T-shirt, and shorts.
- If you want to run in preparation for the cross country season prior to the Cross Country Camp that would be great. You can start by running 15-25 minutes a day or 2-3 miles a day. Increase your mileage by no more than 10% each week. Do keep track of the number of miles you run from June 1 on. You may qualify for a summer running shirt at the end of the summer. Mileage totals will be turned in the first day of practice August 17.
- For practice in the fall you will need running shoes, a T-shirt, shorts, a watch, and a water bottle with your name on it.
- The first practice will be August 17. Practice will last until 4:30 p.m. that day. There will be a meeting for all freshmen running cross country on August 14 after school. You will need to bring $5 for a school purchased locker room lock.
- There will be over 120 boys on Prep’s cross country team. Last season there were over 25 freshmen.
- The last meet of the season is October 16.
- Freshmen will run in the following meets: some are freshmen only races, some are junior varsity race:

  September 5 at 10:00 a.m. Pioneer Park in Lincoln for those who want to run 5000 meters—junior varsity

  September 8 at Bellevue West at 5:00 p.m. 4000 meters for those who Did not run Sept. 5—freshman race

  September 11 at Millard South 5000 meters for those who ran in Lincoln—junior varsity

  September 14 at Walnut Creek at 4:00 p.m. 4000 meters—freshman race
September 22 Prep Invitational at 3:50 p.m. or 4:25 p.m. 5000 meters—junior varsity
September 26 Bryan Invitational at 8:30 a.m. 3 miles—freshman race

October 2 Millard West Invitational 4:30 p.m. 5000 meters—junior varsity

October 8 Metro at Chalco Hills 5:30 p.m. 5000 meters—junior varsity

October 16 Monarch JV invitational 4:00 p.m. 5000 meters—Walnut Creek—junior varsity

- If you are buying running shoes at Peak Performance make sure you mention that you are on the Creighton Prep cross country team so that you receive a 15% discount
- Runners will be given the opportunity to order a Prep Cross Country T-shirt for $15 (almost all runners buy one) and orders will be taken for hooded Cross Country sweatshirts $30 and cross country sweatpants $15. These would be the only expenses involved with cross country. There is also a uniform deposit that is returned to you when you return your uniform.