Information for Incoming Freshman Fall ‘10

- 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 12.
- 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 meet and the time trial. After that all races are 5000 meters.
- The Cross Country Camp for all freshman and others who are new to cross country will be July 19-23 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 16.
- 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 16. Practice will last until 4:30 p.m. that day. You will need to bring $5 for a school purchased locker room lock.
- There will be over 140 boys on Prep’s cross country team. Last season there were over 48 freshmen.
- The last meet of the season is October 15.
- Freshmen will run in the following meets: some are freshmen only races, some are junior varsity race:
  
  September 4 at 10:00 a.m. Pioneer Park in Lincoln for those who want to run 5000 meters—junior varsity
  
  September 7 at Bellevue West at 4:00 p.m. 4000 meters for those who did not run Sept. 4—freshman race
  
  September 10 at Millard South at 4:30 p.m. 5000 meters for those who ran in Lincoln—junior varsity
September 14 at Walnut Creek at 4:00 p.m. 5000 meters—freshman race

September 21 Prep Invitational at 3:50 p.m. or 4:25 p.m. 5000 meters—junior varsity

September 25 Bryan Invitational at 8:30 a.m. 3 miles—freshman race

October 1 Millard West Invitational 4:30 p.m. 5000 meters—junior varsity

October 7 Metro at Walnut Creek 5:45 p.m. 5000 meters—junior varsity

October 15 Titan 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 $40 and cross country sweatpants $20. 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.