



Cross Country Fall 2023 Information for Incoming Freshmen

Practice is held every day after school for approximately two hours. Ride pickup is at 4:45 p.m. Saturday practices are at 9 a.m. Meets are held at various locations in the Omaha area, and races are generally run between 4 and 5 p.m.

Races are either 4000 meters (2.5 miles) or 5000 meters (3.1 miles) in length. You have a choice in which distance you want to run the first two meets. After that, all races are 5000 meters.

The Cross Country Camp for all freshmen and others who are new to cross country will be July 17-21 from 9:30-11 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 it and filled with water. We will run short distances and work on exercises, techniques, strategies and form. You should wear running shoes, a 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. Keep track of the number of miles you run from Wednesday, June 1 onward. You may qualify for a summer running shirt at the end of the summer. Mileage totals will be turned in at the first practice on Monday, August 7. You will need to bring \$5 for a school-purchased locker room lock.

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. Again, the first practice will be Monday, August 7. We will meet in the Criss Auditorium at 2 p.m., and practice will last until 4:45 p.m. that day. There will be over 100 boys on Prep's cross country team. Last season there were 23 freshmen. The last meet of the season is Friday, October 13.

Freshmen will run in the following meets. Some are freshmen-only races; some are junior varsity races.

Date	Meet	Location	Start Time
Saturday, August 26	Class of the Metro	Walnut Creek Recreation Area	9:30 a.m.
Tuesday, September 5	Bellevue West Festival	Bellevue West	3:30 p.m.
Friday, September 8	Platte River Rumble	Mahoney State Park	11:10 a.m.
Tuesday, September 19	CP Invitational	Boys Town – 5000 meters - JV	4 or 5:10 p.m.
Friday, September 29	Millard West Invitational	Walnut Grove Park	3:50 p.m.
Thursday, October 6	Metro – 5000 meters - JV	Walnut Creek Recreation Area	1:45 p.m.
Friday, October 13	Millard West JV Invite	Walnut Grove Park	TBD

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 discount. Runners will be given the opportunity to order a Prep Cross Country T-shirt for \$15. (Almost all runners buy one.)

If you are going to run cross country in 2023, please email Fr. Tillman at tillman@creightonprep.org as soon as possible.