



Burlingame Parks & Recreation Department
850 Burlingame Avenue, Burlingame CA 94010
www.burlingame.org/rec
650-558-7300



Cross-Country at BIS

2016

All Practices are between 3:30-4:30 on Mondays, Wednesdays, and Thursdays until meets start. We will end by 4:30pm for pick-up by 4:45 pm in front of BIS by the flagpole. Please be ready to run prior to 3:30. Use the locker room immediately after school. P.E. teachers will close them at 3:10. You will not be let in the locker rooms after 3:10. Backpacks can be stored in the New Gym. Go to the bathroom, eat, and drink before practice starts. Practices begin in front of the locker rooms outside of the New Gym. Workouts will include off-campus runs, except on very stormy days, when we will practice on campus.

Once meets begin on Thursdays, practices will continue on Mondays and Wednesdays. Please have students at meets prior to the start for warm-up and to walk through the course.

Preparation For Practice:

Running Shoes
Running clothes
Nutrition/Hydration

Practice Activities:

Warm-up
Stretching
Speed walk
Endurance runs
Strengthening

Meet dates and locations:

Thursday September 22 nd	Pacifica
Thursday, September 29 th	Burlingame
Thursday, October 6 th	Millbrae
Thursday, October 13 th	San Bruno
Thursday, October 20 th (League finals)	Pacifica

If there are any questions, please email Tim Barry, tbarry@burlingame.org