

CARROLLTON LAST CHANCE INVITATIONAL

AT CARROLLTON ELEMENTARY SCHOOL
SATURDAY, OCTOBER 24TH

***BUS LEAVES FROM NATATORIUM AT 7:15 AM AND RETURNS
AT 3:45 PM.***

YOU SHOULD EAT A NORMAL BREAKFAST. EAT A BAGEL, CEREAL, FRUIT, ETC.
YOU MAY WANT TO BRING A SNACK FOR THE BUS RIDE IF YOU ARE RUNNING
LATER IN THE MORNING. IF YOU ARE RUNNING IN THE JV RACE, EAT A FULL
BREAKFAST AND BRING A SNACK.

RACE SCHEDULE:

BOYS' AAAAA VARSITY RACE * 10:00 AM

BOYS' CHAMPIONSHIP JUNIOR VARSITY RACE * 12:00 PM

BOYS' OPEN RACE * 1:00 PM

THE BAG → ***YOUR CROSS COUNTRY BAG SHOULD CONTAIN THE FOLLOWING:***

- ◆ AN EXTRA SET OF CLOTHING: SOCKS, UNDERWEAR, T-SHIRT, SHORTS, ETC.
- ◆ SHORT-SLEEVE AND LONG-SLEEVE CC T-SHIRT

◆ **WARM-UPS**

- ◆ A WATER BOTTLE
- ◆ AN EXTRA SET OF SHOES
- ◆ SOME MONEY – JUST IN CASE!
- ◆ RAIN GEAR

******ANY MEDICAL SUPPLIES – DIABETICS, ATHLETES WITH ASTHMA, ETC.***

**PUT THIS FLYER IN YOUR BAG SO YOU
WILL HAVE THE ITINERARY AND MAP!!**

COOL DOWN:

REGION: 1-MILE COOL DOWN STATE: 4-MILE COOL DOWN.

AWARDS:

- ◆ Trophies to top 3 teams in each scored race
- ◆ Top 20 runners will be given medals in the chute
- ◆ Teams will be called to finish line area to receive trophies as results are posted

SCHEDULE:

7:15 AM MEET AT NATATORIUM; LOAD BUSES; LEAVE FOR INVITATIONAL
9:10 AM BOYS VARSITY GUYS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2
MILES (18 MINUTES) AND STRETCH REALLY WELL.

TRADD CANNON
BRADLEY GOSSETT
AUSTIN GRITTERS
TIMOTHY MARSH

DOUG MOHME
PRESTON PARRISH
BROOKS PRETTYMAN
BRANDON RAMSEY

DREW SUTTON
TAKIM WILLIAMS

ALT: AUSTIN BUSCH

9:45 AM BOYS VARSITY GUYS GO TO STARTING LINE FOR TALK, PRAYER, AND
STRIDES

10:00 AM BOYS VARSITY RACE BEGINS! EVERYONE ELSE SPREAD OUT AND
CHEER!

11:10 AM BOYS JV CHAMPIONSHIP GUYS BEGIN WARM-UP. JOG 800M, STRETCH,
JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.

SAM BREHMER
TRAVIS BUNN
AUSTIN BUSCH
SAM CARVER

MITCHELL GENTRY
JAKE MORRIS
AUSTIN SCHANEN
NICK SCHROER

BOBBY STRUBLE

ALT: AARON PATRICK

11:45 AM BOYS JV CHAMPIONSHIP GUYS GO TO STARTING LINE FOR TALK, PRAYER,
AND STRIDES

12:00 PM BOYS JV CHAMPIONSHIP RACE BEGINS! EVERYONE ELSE SPREAD OUT
AND CHEER!

12:05 PM BOYS OPEN RACE GUYS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2
MILES (18 MINUTES) AND STRETCH REALLY WELL.

12:45 PM BOYS OPEN RACE GUYS GO TO STARTING LINE FOR TALK, PRAYER, AND
STRIDES

1:00 PM BOYS OPEN RACE BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!