

Wesleyan Invitational

Race Schedule:

Girls Varsity Race * 8:30 AM
Boys Varsity Race * 9:00 AM
Junior Varsity Boys Race * 9:30 AM
Junior Varsity Girls Race * 10:00 AM

You should eat a normal breakfast. Eat a bagel with peanut butter or light cream cheese and cereal, fruit, etc

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
(ON OTHER SIDE)!**

Wesleyan Invitational Schedule of Events

Cool Down -

Region Team:

**** 1 mile cool down

State Team:

**** 5 mile cool down

SCHEDULE:

7:50AM All Varsity Runners should arrive on field

**(8:20AM - All JV Runners
should arrive on field)**

8:10AM Varsity Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

Tradd Cannon	Doug Mohme	Drew Sutton
Bradley Gossett	Preston Parrish	Takim Williams
Austin Gritters	Brooks Prettyman	Alternate 1: Austin Schanen
Timothy Marsh	Brandon Ramsey	Alternate 2: Austin Busch

8:45AM Varsity guys go to starting line for talk, prayer, and strides

9:00 PM Varsity Boys' Race Begins! Everyone else spread out and cheer!

8:40AM JV Boys runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

9:15AM JV Boys runners go to starting line for talk, prayer, and strides

9:30AM JV Boys Race Begins! Everyone else spread out and cheer!