

WESLEYAN XC



Wesleyan Invitational Home Meet

Tuesday, September 28th

Race Schedule:

Boys Varsity Race * 5:00 PM

Boys Junior Varsity Race * 5:30 PM

You should eat a normal lunch.

Try to eat a lunch that contains the various food groups – but does not have a lot of fat or grease in it.

You may want to bring a snack to eat around 2:00PM if you need it.

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 – 2 miles

SCHEDULE:

3:45 PM All Varsity Runners should arrive on field

4:10 PM Varsity Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

***NOTE: WE WILL BE
RUNNING IN A PACK!***

BRADLEY GOSSETT

BRANDON RAMSEY

AUSTIN GRITTERS

DREW SUTTON

TIMOTHY MARSH

TAKIM WILLIAMS

TRADD CANNON

DOUG MOHME

CHRIS DUVAL

BROOKS PRETTYMAN

4:15 PM *All other runners arrive at meet*

4:45 PM Varsity guys go to starting line for talk, prayer, and strides

5:00 PM Varsity Boys' Race Begins! Everyone else spread out and cheer!

4:45 PM JV Boys runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

5:15 PM JV Boys runners go to starting line for talk, prayer, and strides

5:30 PM JV Boys Race Begins! Everyone else spread out and cheer!