



Region 7-A Meet

Wesleyan * Thursday, October 29th

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 2:00 PM if you need it.

Race Schedule:

Girls Varsity Race (Top 7 Runners) * 4:00 PM

Boys Varsity Race (Top 7 Runners) * 4:45 PM

JV Boys' & Girls' Race * 5:15 PM

Note: Once a race is finished...state team needs to IMMEDIATELY group together in order to do the 3 mile cool down.

Region guys – feel free to join in!

VARSITY RUNNERS:

TRADD CANNON

CHRISTOPHER DUVALL (RUNNING IN STATE)

BRADLEY GOSSETT (RUNNING IN STATE)

TIMOTHY MARSH (RUNNING IN STATE)

PRESTON PARRISH

BRANDON RAMSEY (RUNNING IN STATE)

DREW SUTTON (RUNNING IN STATE)

JV RACE - RUN-OFF:

AUSTIN GRITTERS

DOUG MOHME

TAKIM WILLIAMS

SCHEDULE:

- 3:30 PM Arrive At Meet
- 3:55 PM Varsity guys begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
- 4:30 PM Varsity guys go to starting line for talk, prayer, and strides
- 4:45 PM Varsity Boys' Race Begins! Everyone else spread out and cheer!
- 4:30 PM Boys Junior Varsity runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
- 5:00 PM Junior Varsity runners go to starting line for talk, prayer, and strides
- 5:15 PM Junior Varsity Race Begins! Everyone else spread out and cheer!