**Cedar Rapids Invitational**

**Thursday, September 7, 2017**

**Location:** Noelridge Park @ 4900 Council St. NE in Cedar Rapids

**Teams:** Ames, Bettendorf, CR Jefferson, CR Kennedy, CR Washington, Davenport Central, Davenport North, Davenport West, Iowa City High, Iowa City West, Linn-Mar, Iowa City Liberty, Marion, Mt Vernon, Muscatine, North Scott, Pleasant Valley, Cedar Rapids Prairie, Waterloo West, Dubuque Wahlert, Cedar Rapids Xavier

**Schedule:**

 **12:50pm – Dismissal from Class (make lunch arrangements if necessary)**

 **1:05 pm**- Bus leaves from high school cafeteria

**BAND MEMBERS ARRIVING BACK FROM JH THAT DAY WILL SWITCH BUSES IMMEDIATELY when they return to the high school and we will leave as soon as they are on the cross country bus.**

 **3:45 pm- Fresh Soph Race**

 **All Fr/Soph not on Varsity**

2:45 pm – Warm up 1-2 miles on the course

   3:30 pm – Report to start line for 2 min tempo

 3:45 pm- Race

 4:15pm – 1-2 mile cooldown and stretch

 **4:35pm – Varsity Race**

 **-Sydney L, Mallory L, Maddy M, Lauren B, Abby Riley, Cecilie S, Grace D**

 3:35pm – Warm up 1-2 miles on the course

 4:20pm – Report to start line for 2 min tempo

 4:35pm- Race

 5pm – 1-2 mile cooldown and stretch

 **5:25pm – JV Race**

 **All Jr/Sr not on Varsity**

 4:25pm – Warm up 1-2 miles on the course

 5:10pm – Report to start line for 2 min tempo

 5:25pm- Race

 6pm – 1-2 mile cooldown and stretch

\*Non Racers help with split times, handing out race numbers, camp clean up, etc.

\*Approximately 6:30pm bus will leave for home. Parents are providing a sack lunch for the ride home. MAKE SURE YOU THANK THEM!

**Important Info:**

1. Box #18
2. Run within 3 feet of the race line on either side.
3. Team medals to top 3 teams in V and FS. Varsity medals 1-20. FS medals 1-15. JV medals 1-10