

Cedar Rapids Invitational
Thursday, September 8, 2016

Location: Seminole Valley Cross Country Course; Seminole Valley Rd NE in Cedar Rapids, IA, 52411

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

Schedule:

1:15 pm- Bus leaves from high school weight room

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

Minard, Swanson, Riley, Lafever, Greig, Gatlin, Farrell

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 #13
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 1-15. FS medals 1-10. JV medals 1-10
4. **NEW COURSE THIS YEAR.**