

MAC CHAMPIONSHIPS

Thursday, October 13, 2016

Location: Flint Hills Golf Course, 12842 102nd Ave, Burlington, IA 52601

Teams: Bettendorf, Burlington, Clinton, Davenport Assumption, Davenport Central, Davenport North, Davenport West, Muscatine, North Scott, PV

Schedule:

Approx. 11:55 am BUS LEAVES from High School by weight room. All eat A-lunch.

~1:45 pm Arrive at Course

*Set-up Camp

*Coach's Speech

3:00 pm FR/SOPH RACE

- K. Gatlin, Buechel, Mullen, Schieffer, McCauley, Fields, M. Einck

-2:00 pm – Warm-up on **last 2 miles of course**

-2:45 pm – Report to start line for 2 min. tempo and team cheer

-3:00 pm – Race

-3:40 pm – 1 mile cooldown and stretch

4:00 pm VARSITY RACE

-Minard, Lafever, Swanson, Riley, Greig, L. Brown, Christophersen

-3:00 pm – Warm-up on **last 2 miles of course**

-3:45 pm – Report to start line for 2 min. tempo and team cheer

-4:00 pm – Race

-4:45 pm – 2 mile cooldown and stretch

5:00 pm JV RACE

-All other teammates

-4:00 pm – Warm-up on **last 2 miles of course**

-4:45 pm – Report to start line for 2 min. tempo and team cheer

-5:00 pm – Race

-5:50 pm – 1 mile cooldown and stretch

6:00 pm AWARDS CEREMONY

- Medals to 1st and 2nd place team (FS, Var), Top 14 indiv receive medals (FS, Var)

-Must wear bib to start line and through entire race. Number will be removed at finish.

-Non-racers please help get finish times, places, count places, etc.

-Remind parents NO ANIMALS ARE ALLOWED per IHSAA and IGHS AU rules.

-You will return your uniforms after the meet.

***Keep the Blue Line Running!**

#TakeIt