

**Spartan Challenge**  
**Saturday, September 3, 2015**

**Location:** Crow Creek Park on Devil's Glen Road in Bettendorf

**Teams:** Bettendorf, Burlington, Cedar Rapids Prairie, Davenport Central, Davenport West, Dixon IL, Dubuque Senior, Edina (MN), Iowa City High, Iowa City West, Johnston, Moline, Muscatine, Naperville North IL, North Scott, Rock Island IL, and Pleasant Valley

**Schedule:**

**7:10am- Shuttle bus from high school to Crow Creek for varsity and FS.**

**7:20am- Shuttle bus from high school to Crow Creek for JV.**

**THESE ARE ONE WAY BUSES ONLY SO YOU MUST PROVIDE YOUR OWN RIDE HOME.**

**8:30 am – Varsity Women's Race**

**-Swanson, Minard, Lafever, Riley, Greig, K. Gatlin, Christophersen**

- 7:30am – 2 mile warm-up
- 8:15 am 2 min. tempo from start line and team cheer
- 8:30 am Race
- 9:00 am – 2 mile cooldown and stretch

**9:30 am - FR/SOPH RACE**

- All Fr/Soph not in varsity
- 8:30 am Warm-up 1.- 2 miles
- 9:15 am 2 min. tempo from start line and team cheer
- 9:30 am Race
- 10 am – 1-2 mile cooldown and stretch

**10:30 am - JV RACE**

- All jr/sr not in varsity
- 9:30 am – Warm-up 1 - 2 miles
- 10:15 am – Report to start line for 2 min. tempo and team cheer
- 10:30 am – Race
- 11 am – 1 -2 mile cooldown and stretch

**11:45 - AWARDS CEREMONY** by shelter

**Helpers =**

**\*Help handing out race numbers and chips. Get 1 mile, 2 mile, and finish times. Help clean up the camp area at the end of the meet.**

**Absent=**

**Important Info:**

\*Awards to top 20 varsity, top 15 fs, and top 15 jv; Trophies to top 2 teams varsity and 1<sup>st</sup> place FS and JV!

\*Make sure to warm-up and cool down properly. CHEER EVERYONE! STAY FOR THE ENTIRE MEET!

\*Meet back at team camp at the end of your race before starting cooldown.

**\*Chip timing in your race bib. You must return the race bib.**