

Sterling Invitational

Saturday, October 8, 2016

Location: Woodlawn Elementary School in Sterling, IL

Take I80 to I88 North (to Sterling), Take 2nd Sterling exit and turn left, Proceed over Rock River bridge, Turn right at 3rd traffic signal onto one-way heading east, stay to right when one-way splits, take the first right past McDonalds for about ¾ mile, school is located on right

Teams: PV, City High, Bettendorf and a bunch of Illinois schools

Schedule:

6:30 am BUS LEAVES from High School by weight room

9:00 am FS RACE

- Buechel, Christophersen, K. Gattlin, Schieffer, Mullen, McCauley, Thomsen
- 8:00 am – Warm-up on **last 2 miles of course**
- 8:45 am – Report to start line for 2 min. tempo and team cheer
- 9:00 am – Race – 3 miles
- 9:30 am – 10 min cooldown and stretch

10:00 am VARSITY RACE

- Minard, Lafever, Swanson, Riley, Greig, L. Brown
- 9:00 am – Warm-up on **last 2 miles of course**
- 9:45 am – Report to start line for 2 min. tempo and team cheer
- 10:00 am – Race – 3 miles
- 10:30 am – 10 min cooldown and stretch

11:00 am OPEN RACE

- Remainder of the team
- 10:00 am – Warm-up on **last 2 miles of course**
- 10:45 am – Report to start line for 2 min. tempo and team cheer
- 11:00 am – Race – 3 miles
- 11:30 am – 10 min cooldown and stretch

Not Racing: Help get splits, set up camp, cheer

NOON- AWARDS CEREMONY

12:30 pm BUS LEAVES for home

*Will stop to eat @ Aurther's Deli on way home.

Important Info:

- *Long morning – bring food, pillows, etc
- *Last meet before MAC – Make it count as this meet will help determine MAC lineup.
- *Medals to top 30 in each race and trophies to top 5 teams in FS and varsity.
- *Chip timing (shoe tag). Must RETURN the chip after your race.

My Goals for this meet (team and individual):

- 1.
- 2.

Race Strategies/Positive Thoughts I will practice at this meet:

- 1.
- 2.