**Iowa City West Invitational**

**Tuesday, September 26, 2017**

**Location:** Ashton Cross Country Course @ U of Iowa – Hawkeye Park Road

**Teams:** Bettendorf, Des Moines East, Iowa City Regina, PV, Lone Tree, Marion, Mount Vernon, North Scott, CR Prairie, CR Xavier

**Schedule:**

**2:00pm – Dismissal from School**

**2:15 pm**- Bus leaves from high school cafeteria

**4:45 pm- JV Girls Race**

**All Team Members NOT on varsity**

3:45 pm – Warm up 2 miles on the course

  4:30 pm – Report to start line for 2 min tempo

4:45 pm- Race

5:15pm – 1-2 mile cooldown and stretch

**5:45pm – Varsity Race (Tentative line up)**

**-Mallory L, Maddy M, Abby Riley, Cecilie S, Laura B, (Knedler), D’Antico**

4:45pm – Warm up 2 miles on the course

5:30pm – Report to start line for 2 min tempo

5:45pm- Race

6:15 pm – 1-2 mile cooldown and stretch

**Important Info:**

1. Box #4
2. Varsity and JV medals 1st-10th place.
3. Chip timing. Must return the chip.
4. JH Races before JV. Be respectful during your warm up.