

## Roy Griak Team Itinerary September 28th, 2019

### **ENTRIES:**

**Girls Varsity: 2:00PM (GOLD RACE) Ella Kolb, Sydney Lather, Emma Johnson, Katelyn Severson, Khot Juac, Adaga Kashi, Ndjakalenga Mwentenda, Ainsley Fahey, Kayla DeBeer, Emma Maloney**

**Boys Varsity: 1:10PM (GOLD RACE) Merci Bitz, Chase Lather, Collin Winkleman, Lucas Rodman, Avery Stanford, Davis Shafer, Alex Bittner, Will Carda, Deven Hoffman, Dan Gide**

5:45 Report to the school ready to load (near the track)

6:00 Load the bus and depart as soon as loaded.

8:30 Stop in Mankato for a break. This would be a good time to eat something I will have a variety of fruit available for you.

8:45 Leave for St. Paul

10:20 Arrive at Les Bolstad Golf Course We need to get everything to the camp and set-up. Everyone needs to help. Once camp is set-up, go to bathroom, get t-shirts, and watch some of the college races.

11:00 Walk the course and prepare for race; Put numbers on uniform top. Chips are in the number...do not crumple numbers. Replace spikes

11:55 Boys warm-up for race. 20 minutes of running to elevate heart rate 15 minutes of stretching, going to the bathroom, get some water if warm 5 minutes to spike-up (wear them to the line) and go to the line **BOX #37** 15 minutes of dynamics, number check, uniform check

12:55 Girls warm-up for race. 20 minutes of running to elevate heart rate 15 minutes of stretching, going to the bathroom, get some water if warm 5 minutes to spike-up (wear them to the line) and go to the line **BOX #60** 15 minutes of dynamics, number check, uniform check

1:10 Boys race starts (GOLD) **Box #37**

2:00 Girls Race Starts (GOLD) **Box#60**

2:10 Boys Gold Awards

2:35 Tear down camp and load bus while girls are cooling down, boys can start to tear down camp.

3:00 Girls Gold Awards

3:20 Load bus depart for Cub Foods in Shakopee, MN 1198 **Vierling Dr E, Shakopee, MN 55379**

4:10 Arrive at Cub Foods Parking Lot You can buy your own food at a variety of places.

5:00 Depart for Sioux Falls We will not be stopping so take care of bathroom needs before we leave Cub Foods

9:00 Arrive at Washington, help unload the bus