



1. DEPART by 3:15 PM from Locker Bay A
2. Team/Name Stickers on bus while traveling to meet.
3. UPON ARRIVAL:
 - A. We Make Camp
 - B. Group Stretch (if time) otherwise Individual
 - C. Pre run race course (find start & finish)
4. RACE TIME:
 - A. Group together on starting line
 - B. Practice your start with quick sprints..jog back..1/2 at a time
 - C. **Start FAST**...get out front..but don't burn all your matches
 - D. Hold and maintain position and react to anyone who passes.
 - E. SURGE on corners or to close a gap
 - F. SURGE on Hills and then recover
 - G. SPRINT last 50+ yards..PUMP YOUR ARMS...BREATHE!!!!
5. THE FINISH:
 - A. Can be crazy...You Must HOLD your position in line.
 - B. Be ready to give them your "name sticker" or collect a #
 - C. Report to Mr. Siefkes
 - D. Cool down jog and stretch
 - E. Awards are given out after all races (usually Medals)
6. End of Meet / Going Home
 - A. You are STRONGLY encouraged to stay and cheer on your teammates.
 - B. MUST SIGN OUT on clip board if leaving with a parent.
 - C. After awards walk with me to the bus....back to SHMS.