REGION III 6A CROSS COUNTRY CHAMPIONSHIPS

Where all good runners go to determine who is best on that day.

TUESDAY, OCTOBER 24, 2023

KATE BARR ROSS PARK, 486, TX-75, HUNTSVILLE, TX 77320

Monday, Oct 23rd

6:00 am Meet in front of the 9th Center-CT Run and then Recovery

*Pack uniform and sweats, extra pair od socks, spikes, healthy snacks, water, Gatorade

*Bring any food items that you consider part of your prep for the race

11:30 am Leave from 9th grade center for Kate Barr Ross Park (Will do secondary CT run); Stop at Subway prior to leaving Katy, TX

2:00-3:30 pm: CT at Course 15sec slower that LPPM CT Pace

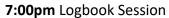
4:00 pm Arrive at Best Western Plus The Woodlands

17081 1-45 South

The Woodlands, TX 77385

5:30pm Dinner at Black Walnut 9000 New Trails Dr, The Woodlands, TX 77381

*Eat a good evening meal that would normally have at home.



8:30pm Nighttime routine

9:00pm Lights out and get a good night of rest.

Room 1: Scott Kenney and Marvin Rathke

Room 2: Arjun Baviskar, Christopher Cameron, Matthew Montgomery, Samuel Garcia Camejo

Room 3: Lucas Brighty, Trevor Janak, Keegan Pollard, Hudson Smith

Room 4: Jose Cedeno-Barrera, Grayson Smith, Zacharie Bowe, Hrehan Arora

Tuesday, October 24th

5:00 am: Breakfast is open. Wake up, get up, and greet the day of battle with excitement, eat a good breakfast!

6:00 am The team will depart from the hotel lobby for Kate Barr Ross Park

6:40 am Arrival at course and start preparation to rock and roll!

8:00 am: Start Warm Up process

8:45 am Check in on the starting line; Varsity men should be preparing at the starting line area for continued warm-up preparations-dynamic stretches, strides, etc. positive speak

9:00 am Varsity Men's Race

10:00 am Awards

12:15 pm Leave for SLHS *Please make sure you bring any recovery drinks and lunch for the trip home.



T.E.A.M.

The Optimist Creed

- Promise yourself to be strong that nothing can disturb your peace of mind.
- To talk health, happiness, and prosperity to the people you meet.
- To make your friends feel like there is something in them.
- To look at the sunny side and make your optimism come true.
- To think of the best, to work for the best, and expect the best.
- > To be just as enthusiastic about the success of your teammates as you are about your own.
- > To forget the mistakes of the past and press on the greater achievements of the future.
- To wear a cheerful expression and give the people you meet a smile.
- To give time to the improvement of yourself so that you have no time to criticize others.
- To be too large for worry, too noble for anger, and too strong for fear, and to happy to permit the presence of trouble.

I AM ONLY ONE

I am only on, but I am one.
I can't do everything, but I can do something.
And what I can do, I out to do.
And what I ought to do, I shall do.