

T.E.A.M.

To Bring...

Friday Sept 15, 2023

5:30-8:00 am: Training Session
10:00 am: Get out of class and head to locker room
10:30 am: Depart from 9th grade center
12:30 pm: Stop at Buc-ees at Madisonville
4:30 pm: Check in the Hotel Fairfield Inn & Suites by Marriott
Dallas McKinney 1600 Hardin Blvd, McKinney, TX 75071
(469)796-5300
5:30 pm: Eat Dinner at Olive Garden 1700 N Central Expy,
McKinney, TX 75070 (972)548-0317
7:30 pm: Logbook Session
8:30 pm: Lights out

Saturday Sept 16, 2023

5:00 am: Wake Up, bags packed, eat breakfast, and use
restroom
6:15 am: Depart Hotel
6:30 am: arrive at the Myers Park 7117 Co Rd 166 McKinney,
TX 75071
6:45 am: Varsity Elite warm up together
7:30 am: Varsity warm up together
7:40 am: Varsity Elite 5k Race: Arjun, Lucas, Chris, Sam G,
Trevor, Matt, Keegan, Hudson
8:20 am: JV Elite warm up together
8:25 am: Varsity 5k Race: Albert, Hrehan, Zaza, Jose, Jack K,
Sam L, Grayson, Reilly
9:15 am: JV Elite Race: Agustin, Eze, Jack C, Edwin, Enzo,
Feliks, Sebastian, Paxton, Sam T, AmenEl
9:20 am: JV 5k Men warm up together
10:10 am: JV 5k: Alberto, Ethan B, Ishan, Kia, Nathan,
Michael, Evan, Richard, Paul, Jordan, Shawn, Emmanuel,
Jackson, Joshua, Sreejit, Dane, Kaden, Ethan
11:30 am Depart from Myers Park and head to Historic
Downtown McKinney 111 N Tennessee St, McKinney, TX
75069 or Fairview Town Center: 329 Town Pl, Fairview, TX
75069 to eat lunch
1:30-2:00 pm: Depart for Seven Lakes High School 9251
South Fry Road, Katy, TX
6:00-6:30 pm: Arrive Home

Sweats
Uniform
Orange & Grey XC Shirts
Running shorts
Running shoes
Running socks
Spikes
Safety pins
Bottles of water/sports drink
Friday Lunch
Light & nutritious snacks
Personal breakfast items
Watch
Logbook
\$40-60 Money for meals
Personal Items
Trash bag
Out to eat clothes

Warm up routines start 50
minutes prior to race

Cool down routines start 15 after
race

I AM ONLY ONE

I am only one, but I am one.
I can't do everything, but I can do
something.

And what I can do. I ought to do.



P.R.I.D.E.

T.E.A.M.

Timing: Chip Timing by Run Far

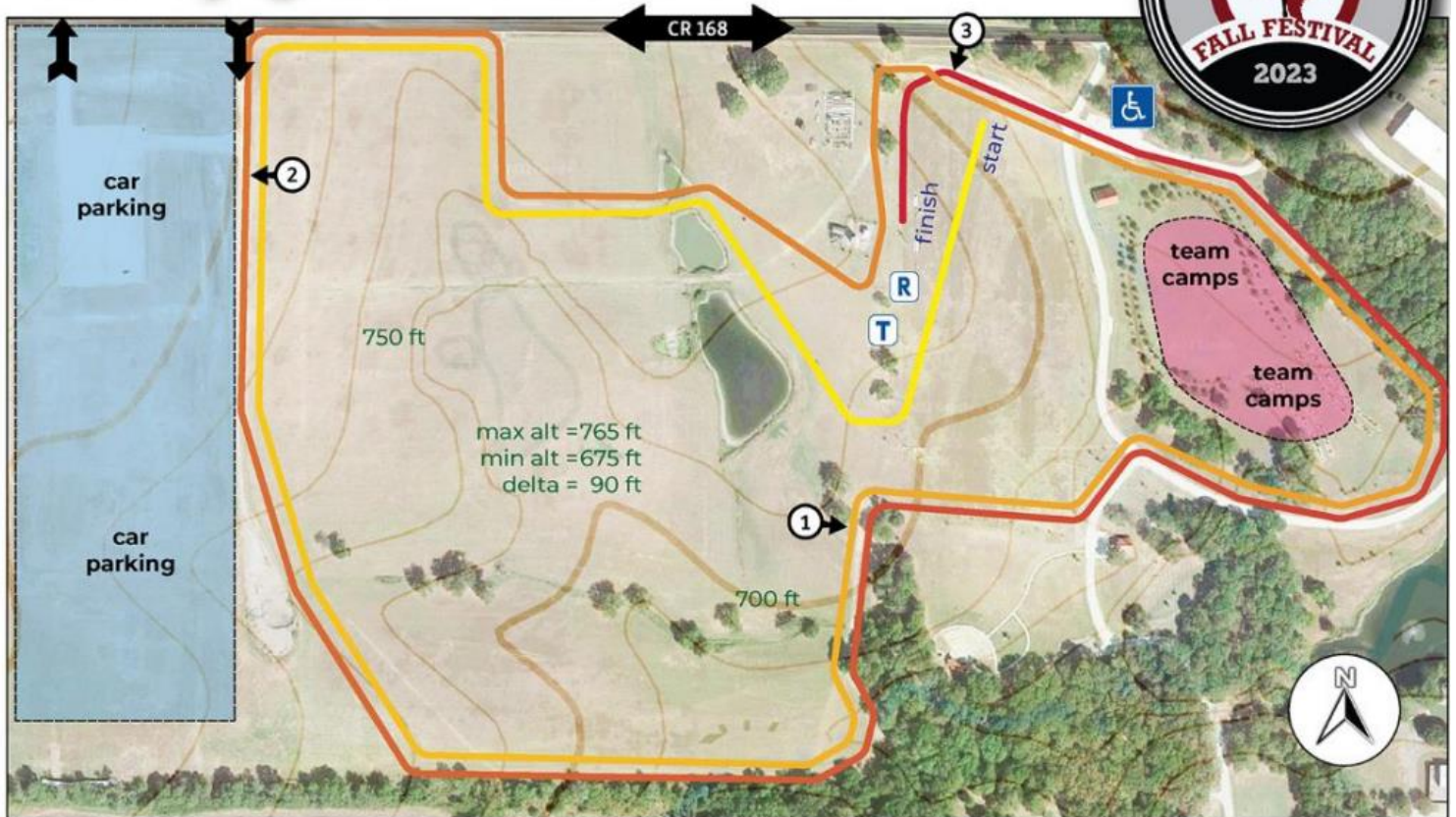
Teams: 50 Boys/Girl Teams. Get off the start line fast
Schedule:

Awards: Team trophy to 1st place & runner up
Teams in Elite Varsity; Medals to top 20 finishers
in all divisions

Trainers/Ice/Water
We will have athletic trainers and student trainers available



5K Course Map Lovejoy XC Fall Festival



Saturday, 16 September 2023
Myers Park, McKinney TX

R = Registration
T = Trainers/Aide

Run with the Best

ver. 1.0

P.R.I.D.E.