**David Bradley Argo Invite at Bedford Park District**

**Date:** Saturday, September 16th, 2017

**Time:** 8:15 am outside the Fieldhouse ESTIMATED return: 3:15-4:00

\*\*\*Athletes will call home when we get on the bus to confirm our arrival time.

**Location:** Bedford Park District @ 6700 South 78th Avenue, Summit, IL 60501. Spectators are asked to park in the Ingredion Construction lot across the street from the course.

**Time/ Race:**

Junior Varsity: Race: 10:30AM Warm Up: 10:00AM

Varsity: Race: 11:30AM Warm Up: 11:00AM

Open: Race: 1:00PM Warm Up: 12:30PM

**Warm-Up:** First make sure you have used the restroom or had water if necessary, and locate your spikes. Your warm up run should be about one mile long. It is a good idea to run the first mile of the course so that you are familiar with it. After the run is complete, stretch out as a team. Next, head to the starting box and complete ABCs and run stride outs (short sprints) as a team.

**After the Race:** After you cross the finish line, stay there to cheer for the rest of your team as they finish. Once all the girls from your team have finished, go IMMMEDIATELY back to the camp site. You will check in with a coach and do a ten minute cool down run and stretch as a team.

**Flags:** Blue: Straight Yellow: Right Turn Red: Left Turn

**Concessions:** Limited Concessions will be available. Athletes should bring their own water and healthy snacks.

**Shirts:** T-Shirts will be sold at $15.00 at the concession stand

**Awards:** JV & Varsity: Trophies to the top 5 individuals, medals to 6th -25th, ribbons 26th to 50th.

Open: Medals to 1st -5th, numbered ribbons 6th- 50th.

**Teams:** Argo, Bolingbrook, Bradley-Bourbonnais, Brother Rice (B only), Crete-Monee, Eisenhower, Eric Solorio, Hinsdale Central (G only), Homewood-Flossmoor, Joliet Central (G only), Joliet West (G Only) Kennedy, Lincoln-Way East (B Only), Lyons Twp. (G Only), Morton (G Only), Mother McAuley (G only), Mt. Carmel (B only), Notre Dame (B only), Oak Lawn, Reavis, Richards, Romeoville, St Ursula (OH) (G Only), Thornridge, Thornwood

**Contact Information** for Coach Giovanazzi [cgiovanazzi@jths.org](mailto:cgiovanazzi@jths.org)

Line-Up

**JV:** Mackenzie, Yocelin, Adi, Emilie, Daniela R, Kasandra, Stephany

Alternates: Alisia, Nayely O, Alyssa C

**Varsity:** Juana, Sheila, Mikayla, Andrea H, Rosalynn, Alondra, Veronica G

Alternates: Sandra H, Maribel, Dania N

**Open:** All ELIGIBLE and non-injured athletes are expected to race.

