**Plainfield Central Wildcat Invite**

**Date:** Saturday, September 2nd

**Time:** 7:00 am outside the Fieldhouse ESTIMATED return: 1:30-2:00

\*\*\*Athletes will call home when we get on the bus to confirm our arrival time. Arrival time may change based on whether or not we stay to watch awards.

**Location:** On Fort Beggs drive, directly across the street from the main entrance of Plainfield Central High School (24120 Fort Beggs Drive).

**Time/ Race: Start in BOX 15**

Junior Varsity: Race: 9:00AM Warm Up: 8:25AM

Varsity: Race: 10:00AM Warm Up: 9:25AM

Open: Race: 11:00AM Warm Up: 10:25AM

**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:** Wildcat Invite T-Shirts will be available for purchase for $12.00

**Awards:** A team plaque will be awarded for first place teams in the Freshmen/Sophomore and Varsity levels. Individual medals will be awarded to the top 20 finishers in each race boys and girls.

**Contact Information** for Coach Giovanazzi cgiovanazzi@jths.org

**Line-Up for Plainfield Wildcat Invite**

**Line-Ups:** Line-Ups for the PCHS Wildcat Invite were chosen directly off the times from the Providence/ Joliet West races. The top 7 fastest upperclassmen times are running varsity, and the 9 fastest F/S times are running Fresh/Soph. These line-ups will change from week to week depending on injuries/ changes in race times.

**Junior Varsity(9):** Mackenzie, Yocelin C, Adi, Kasandra, Daniela R, Sariah, Alisia, Stephany V, Melanie

**Varsity(7)**: Sheila, Mikayla, Evelyn G, Andrea H, Rosalynn, Alondra, Veronica (ALT: Sandra H, Priscilla)

**Open:** Any alternates not racing in the Varsity/JV as well as ALL other non-injured athletes.

**NEW COURSE for 2017**

