**Rich East Invite**

**Date:** Thursday, September 28th, 2017

**Time:** 2:15pm- Directly after 7th periods attending athletes will meet in the Fieldhouse lobby. They will be marked a field trip excused absence from their 8th hour class. ESTIMATED return: 7:00-7:30

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

**Location:** At Central Park, 410 Lakewood Dr, Park Forest, IL. Parking for spectators is available at the Central Park lot off Lakewood Dr, the Michelle Obama School of Technology (across the street), or the local church on Lakewood Dr.

**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. 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

**Teams:** Oak Forest, Plainfield North, TF North, Marian Catholic, Thornwood, Rich East, Hillcrest, Thornridge, Crete-Monee, Bradley-Bourbonnais, TF South, Rich South, Glenbard North, Lockport, Rich Central, Thornton, Morgan Park, Bloom.

**Awards:** New awards system in place this year. Plaques to the top 3 teams in JV/Varsity. Medals to the top 25 runners in JV/ Varsity. No open awards.

**Course:** New course/ location for 2017. Course maps have not yet been finalized or provided to coaches. The estimated course is 90% grass, with 10% covering asphalt, gravel, and a wooden bridge.

**Time/ Race: This meet frequently starts races early/late with very little notice. Please be at the start at least 20 minutes before the race is scheduled to begin. Box: 14**

Junior Varsity: Race: 4:15PM Warm Up: 3:35PM

Varsity: Race: 4:40 PM Warm Up: 3:55PM

Open (Pusher) Race: 5:00PM Warm Up: 4:15PM

**Athletes:** Any athlete who is injured, ineligible, or suspended will NOT be attending the meet with the team and are expected to attend 8th period as regularly scheduled.

**Varsity:** Sheila, Juana, Mikayla, Mackenzie, Evelyn, Andrea H, Rosalynn. ALT: Alondra O, Yocelin

**JV:** Yocelin, Daniela R, Adi, Emilie, Stephany, Kasandra, Nayeli O. ALT: Alisia, Melanie, Alyssa C

**Open: (Pusher):** all other athletes in attendance