**Steelmen Invite Pre-Meet Sheet**

**Date:** Saturday, September 9h, 2017

**Time:** 6:45am outside the Fieldhouse ESTIMATED return: 2:30-3:00

\*\*\*Our estimated return time changes frequently. Please allow for an early or late return. \*\*\*IF an athlete is being taken home by a parent, they be signed out by the parent, only AFTER the awards ceremony is completed.

**Location:** At Channahon Community Park on McClintock Road just off of Route 6.

**Time/ Race: BOX 4**

Junior Varsity: Race: 9:00AM Warm Up: 8:30AM

Varsity: Race: 10:00AM Warm Up: 9:30 AM

Open: Race: 11:00AM Warm Up: 10:30 AM

**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:** Steelmen Invite T-shirts will be available.

**Awards:** Medals to the top 20 and Team plaques to the top 3 (Varsity and Frosh/Soph Boys and Girls), Medals to the top 10 (Open Races).

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

**Race Line-Up**

Junior Varsity: Mackenzie, Yocelin, Adi, Daniela R, Kasandra, Yolanda, Stephany V

Alternates: Alisia, Sariah, Melanie

Varsity: Sheila, Juana, Mikayla, Andrea H, Rosalynn, Evelyn, Alondra

Alternates: Maribel, Julissa, Jacky S

Open: All other athletes are registered & expected to run the Open Race!

