**Tinley Park Invite at Midlothian Meadows**

**Date:** Saturday, September 22nd

**Time:** 6:15 am outside the Fieldhouse ESTIMATED return: 1:15- 1:30

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

**Location:** Midlothian Meadows is located at 152nd and Pulaski across the street from Bremen High School.

**Time/ Race: There are TWO divisions in this invite. We are the Championship Division. BOX 13**

Junior Varsity: Race: 8:50AM Warm Up: 8:15AM

Varsity: Race: 10:30AM Warm Up: 9:55AM

Open: Race: 11:25AM Warm Up: 10:50AM

**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

**Shirts**: Long sleeve t-shirts will be available for $20

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

**Awards: All awards will be given out in the chute!** JV and Open receive ribbons up to 25th as they finish the race. Varsity receives ribbons 11-25 as they finish and medals for 1-10. Team trophies are given out to the top 3 teams. There will not be an awards ceremony.

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

**Line-Up**

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

Alternates: Alisia, Melanie, Nayely O, Alyssa C

Varsity: Juana, Sheila, Mikayla, Evelyn, Rosalynn, Alondra, Julissa

Alternates: Lizbeth, Giselle, move up JV runners

Any ineligible athletes or any athlete who was on the powderpuff roster is suspended from the Tinley Park Invite. They must attend the meet and sit out from the race(s) in order to have officially served their suspension. IF a suspended athlete misses the Tinley Park Invite, they are then required to sit the next eet (Rich East).

Open: All eligible and healthy athletes are expected to race.

REMINDER: Per the team rules, meet attendance is mandatory for all athletes regardless of race status.

