**Will County Pre-Meet Sheet**

**Date:** Tuesday, October 3rd, 2017

**Time:** 3:15 outside the fieldhouse ESTIMATED return: 6:45-7:15

\*\*\*Our estimated return time may change. Please stay in contact with your athlete as they will update families on return time. Please remember only parents/ legal guardians may sign out an athlete.

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

**Time/ Race: BOX 2**

Fresh/Soph: Race: 4:45PM Warm Up: 4:05PM

Varsity: Race: 5:15PM Warm Up: 4:45 PM

**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:** There will be a concessions stand for spectators with hotdogs, burgers, chips, Gatorade, etc.

**Shirts:** Long sleeve dry fit shirts for $10, limited sizes of short sleeve cotton t-shirts for $5.

**Awards:** Plaques to the top 5 individuals and medals for 6-20. Team plaques to the top 3 teams.

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

**Race Line-Up**

Junior Varsity: Daniela R, Adi, Emilie, Kasandra, Yolanda, Stephany V, Nayeli O, Alisia, Melanie M.

Varsity: Sheila, Juana, Mikayla, Andrea H, Mackenzie, Evelyn, Rosalynn, Yocelin, Alondra O, Sandra H, Julissa R, Veronica G, Maribel, Andrea A, Dania, Jacky S, Priscilla.

