

Sterling CC Meet

Date:Tuesday 9/25/18

Temp:74 Degrees & Rain

Location:3807 Woodlawn Road, Sterling IL, (Hoover Park)

Teams:Sterling vs Moline

You will be excused from school at 1:50. We will meet by the gym/pool area. Change in the locker room.
We will leave MHS at 2:15

Make sure you have your warm-ups

4:30 Girls

Lylia, Maddie, Grace V, Emily, Lily, Miranda, Grace S, Arianna, Deborah? Gracie N, Rylee, Elizabeth

5:00 Boys

Jackson, Nikola, Tim, Jon, Michael, Nik, Spencer, Bryce, Sam, Barak, Mohtadi, Aidan, Chance, Adam, Steven, Thomas, Emilio, Tyler, Alex W, Jonathan C, Nolan, Alex D, Edwin, Alan, Carmelo, Tristan, Austin, Owen, Enrique

1 Mile Cool Down (Boys & Girls)

We will not stop for food so bring a snack. You may leave with your parents after both races have been completed and you've cooled down.

We should be back in the QC around 7:15

Timers:

Directions to Woodlawn XC Course:

The course is on the east end of Sterling.

If approaching from the east, turn left off of Route 2 onto Woodlawn Road.

If approaching from the west, turn right off Route 2 onto Woodlawn Road.

There is a McDonalds at the intersection of Woodlawn Road and Route 2

Woodlawn School/Hoover Park is approximately 1 mile east on Woodlawn Road on the south side of the street

Please do not park on the east side of Parkview Road