

Sterling JV/FS Meet

Date:Tuesday 10/16/18

Temp:53 Degrees

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

Teams: Dixon, Geneseo, LaSalle-Peru, Princeton, Rochelle, Rock Falls, Moline, Sterling

You will be excused from school at 1:40. We will meet by the gym/pool area. Change in the locker room.
We will leave MHS at 2:00

Make sure you have your warm-ups

4:30 Girls/Boys Freshman

Abby, Elizabeth, Rylee, Carmelo, Alex D, Nolan, Jon C

5:15 Boys/Girls JV

Sam, Nik, Ali, Aidan, Barak, Mohtadi, Chance, Miranda, Deborah, Gracie, Emilio, Steven, Adam, Tyler, Austin G, Thomas, Alex W, Edwin, Alan, Apoove

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: Tristan/Zach/Nina/Katie

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

Uniforms/Warm-ups must be cleaned and turned in by Monday Nov 5th. You may drop equipment off at my room. E114 or J110