

## **Sterling Duel Meet**

**Date:**Tuesday 9/27/16

**Temp:**70 Degrees

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

**Teams:**Sterling vs Moline

You will be excused from school at 2::00. We will meet by the gym/pool area. Change in the locker room.  
We will leave MHS at 2:20

Make sure you have your warm-ups

### **4:30 Girls**

Allisyn, Maddie, Ali, Annie, Lily, Emily, Morgan, McKena, Alyssa, Crystal, Cathy, Emme, Ellie S, Alexis, Grace

### **5:00 Boys**

Sam, Michael, Phelps, Marco, Seth, Spencer, Eli, Andrew, Trae, Martin, Bryce, Nik, Adam, Alex, Steve, Ryan, Ricky, Logan, Cameron, Chance, Nikola, Tim, Jake, Dawson, Mahtadi, 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:** Ellie/Elena/Paulina/Mia/Savannah?

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

***Booster Bash Tickets must be turned in on Thursday***