

## **Sterling JV/FS Meet**

**Date:**Tuesday 10/17/17

**Temp:**70 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**

Miranda, Deborah, Bailey, Gracie, Ethan, Trae, Jon, Aidan, Chase, Emilio, Steven, Adam, Tyler, Ben, Alex K, Alex N, Austin G, Thomas, Alex W

### **5:15 Boys/Girls JV**

Grace S, Lily, Savannah, Emme, McKena, Ellie, Maddy E, Halenka, Bryce, Spencer, Cameron, Barak, Mohtadi, Marco, Phelps, Chance

### **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:** Ali/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 turned in on Thursday***