|  |  |  |  |
| --- | --- | --- | --- |
| **Not Running:**  Brittney, Faith, Jessica, Liv, Nadia  HELP WITH TIMES  “The man who can drive himself further once the efforts get painful is the man who will win” – Sir Roger Bannister | **Everyone**  Black shorts, Black tops  Arrive at course 7:45  Set up tent, put away personal things by 8:00  **8:00 team walks course**  We are in BOX 6 | **Teams**  **Romeoville**, Fenwick, LW-West, **Joliet Central**, Thornwood, Providence, **PLFD South**, Neuqua Valley, **Oswego**, Andrew, Jones College Prep, **PLFD Central**, LW-Central, LW-East, Bloom, JCA | **FYI about this race:**   * This is our home course. We will be back here Oct 8th and 18th * Weather Report:   Morning: mid 60’s  Afternoon: Sunny and 80 |
| **Fresh/Soph – 9:00**  Avery, Bella, Kelsey, Julietta, Viviana, Julia, Tori  Times: Emily, Princeza, Samira, Marlie, Faith, Jessica, Nadia | **Varsity – 10:00**  Joslyn, Yesenia, Alexis, Tracey, Ashley, Joana, Lili  Times: Fresh/Soph Runners | **Open – 11:00**  **Leaders: Kate and Lia**  Times: Varsity Runners | * Know the course, it is painted for 2 different meets * Awards:   + Top 20   + Team: 1-3   + Open top 10 |
| **Warm – Up: 8:00**  20 min jog, on course  8:25 Leg swings, hydrant series  Head to line 8:40  **Be at the start by 8:45**  Dynamic stretches  4 strides (75+ meters)  **Post-race:**  Wait at finish line till all 7 are done, walk back as group with a coach  Change shoes, hydrate, cheer on varsity/open  **3 miles after varsity race TOGETHER** | **Warm – Up: 9:00**  10 min jog, 5 min tempo, 5 min jog  9:25 Leg swings, hydrant series, water, spikes  Head to line 9:40  **Be at the start by 9:45**  Dynamic stretches  6 long strides  **Post-race:**  Wait at finish line till all 7 are done, walk back as group with a coach  Change shoes, hydrate  **3 miles with F/S race TOGETHER** | **Warm – Up: 10:00**  15 min jog  Leg swings, hydrant series, water, spikes  Head to line 10:40  **Be at the start by 10:45**  Dynamic stretches  4 long strides  **Cool-down:**  10-minute jog, water, stretch, and ice | **Next of week:**  Sun: 30 min or long walk  Mon: Intervals  Tues: MEET-Senior Night  Wed: Recovery  Thurs: Speed 4x75 Sec  Fri: R-B  Sat: Peoria |
| **Parents:**  Girls can ride home with you but please sign them out with a coach after the meet is over |
| **However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary, perhaps until then … even thought impossible.” – Sir Roger Bannister** | | | **Location:** Community Park in Channahon. Rt. 6 and McClintock |



