

TIME	VARSITY GIRLS	VARSITY BOYS	JV 1 GIRLS	JV 1 BOYS	JV GIRLS	JV BOYS	TIME
5:15 AM	Bus Leaves Plano East						5:15 AM
6:00 AM	Arrive at New Coppell West Middle School; 1301 Wrangler Cir, Coppell 75019						6:00 AM
6:15 AM	Setup Camp/Bathroom						6:15 AM
6:30 AM	Pins!						6:30 AM
6:45 AM	Warmup - 6:45		Walk First Part Of Course				6:45 AM
7:00 AM		Warmup - 7:05	STAY COOL/HYDRATED				7:00 AM
7:15 AM	Line - 7:15						7:15 AM
7:30 AM	Race - 7:30	Line - 7:40	Warmup - 7:30	STAY COOL/ HYDRATED	STAY COOL/ HYDRATED	STAY COOL/ HYDRATED	7:30 AM
7:45 AM							
8:00 AM	C/D - 8:00 (20 Minutes)	Race - 7:55	Line - 8:00	Warmup - 8:00	STAY COOL/ HYDRATED	STAY COOL/ HYDRATED	8:00 AM
8:15 AM			Race - 8:15				
8:30 AM	Stretch - 8:30	C/D - 8:25 (20 Minutes)	Line - 8:30	Warmup - 8:30	STAY COOL/ HYDRATED	STAY COOL/ HYDRATED	8:30 AM
8:45 AM	CHEER		Stretch - 8:55				Race - 8:45
9:00 AM			ON	Stretch - 9:15	C/D - 9:15 (15 Minutes)	Race - 9:15	Warmup - 9:00
9:15 AM		Stretch - 9:40					
9:30 AM		TEAMMATES	!!!!!!!	C/D - 9:50 (10 Minutes)	Race - 9:45	Warmup - 9:00	9:30 AM
9:45 AM							
10:00 AM				Stretch - 10:10	C/D - 10:25 (10 Minutes)	Warmup - 9:00	10:00 AM
10:15 AM							
10:30 AM	CLEAN UP CAMP!					Stretch - 10:40	10:30 AM
10:45 AM							
11:00 AM	Meeting/Debrief						11:00 AM
11:15 AM	Get on Bus Back to Plano East						11:15 AM
11:30 AM	Arrive Back at Plano East - 12:15 PM						12:15 PM