

TIME	VARSITY GIRLS	VARSITY BOYS	JV GIRLS	JV BOYS	TIME
5:30 AM	Bus Leaves Plano East - 5:30 AM				5:30 AM
6:15 AM	Arrive at Myers Park - 4221 Co Rd 160, McKinney 75071				6:15 AM
6:30 AM	Setup Camp/Bathroom				6:30 AM
6:45 AM	Pins/Bibs - Make sure you have on before you warmup				6:45 AM
7:00 AM					7:00 AM
7:15 AM	Warmup - 7:10	Walk First Part of Course - 7:10			7:15 AM
7:30 AM					7:30 AM
7:45 AM	Line - 7:45	YOUR TIME			7:45 AM
8:00 AM	Race - 8:00	Warmup - 7:55	Support Varsity Girls		8:00 AM
8:15 AM					8:15 AM
8:30 AM	Cooldown Support Varsity Boys 8:35	Line - 8:30	YOUR TIME		8:30 AM
8:45 AM		Race - 8:45	Warmup - 8:40	Support Varsity Boys	8:45 AM
9:00 AM	Stretch	Cooldown Support JV Girls 9:10	Line - 9:15	YOUR TIME	9:00 AM
9:15 AM					9:15 AM
9:30 AM	Cheer on JV Girls	Stretch	Race - 9:30	Warmup - 9:25	9:30 AM
9:45 AM					
10:00 AM					Stretch - 10:00
10:15 AM	Cheer on JV Boys		Cooldown/Stretch Support JV Boys 10:10	Race - 10:15	10:15 AM
10:30 AM					10:30 AM
10:45 AM	Clean Up Camp - FRESHMEN ARE RESPONSIBLE FOR WATER BOTTLES			Cooldown - 10:45	10:45 AM
11:00 AM					11:00 AM
11:15 AM	Awards/Team Pictures				11:15 AM
11:30 AM					11:30 AM
11:45 AM	Bus to Lunch				11:45 AM
12:00 PM					12:00 PM
12:15 PM					12:15 PM
12:30 PM					12:30 PM
12:45 PM	Lunch - BJ's Restaurant; 1101 N Central Expy, Plano 75075 BRING MONEY FOR LUNCH				12:45 PM
1:00 PM					1:00 PM
1:15 PM					1:15 PM
1:30 PM	Bus to Plano East				1:30 PM
1:45 PM					1:45 PM
2:00 PM	Pickup from Plano East at 1:45 PM - Will Update if Later				2:00 PM