

TIME	VARSITY GIRLS	VARSITY BOYS	JV 1 GIRLS	JV 1 BOYS	JV GIRLS	JV BOYS	TIME				
5:00 AM	Bus Leaves Plano East						5:00 AM				
5:45 AM	Arrive at Myers Park - 4221 Co Rd 160, McKinney 75071						5:45 AM				
6:00 AM	Setup Camp/Bathroom						6:00 AM				
6:15 AM	Pins!						6:15 AM				
6:30 AM							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				7:30 AM				
7:45 AM											7:45 AM
8:00 AM	C/D - 8:00 (20 Minutes)	Race - 7:55	Line - 8:00	Warmup - 8:00			8:00 AM				
8:15 AM											8:15 AM
8:30 AM	Stretch - 8:30	C/D - 8:25 (20 Minutes)	Race - 8:15	Line - 8:30	STAY COOL/ HYDRATED		8:30 AM				
8:45 AM	CHEER			C/D - 8:50 (15 Minutes)			Race - 8:45	STAY COOL/ HYDRATED	8:45 AM		
9:00 AM		Stretch - 8:55				9:00 AM					
9:15 AM			Stretch - 9:15	C/D - 9:15 (15 Minutes)			9:15 AM				
9:30 AM			ON	TEAMMATES	!!!!!!!!!!!!!!	Warmup - 9:25			9:30 AM		
9:45 AM							Stretch - 9:40				9:45 AM
10:00 AM									Line - 9:55	Warmup - 10:00	10:00 AM
10:15 AM							10:15 AM				
10:30 AM					Race - 10:10	Line - 10:30	10:30 AM				
10:45 AM						Race - 10:45	10:45 AM				
11:00 AM					C/D - 11:05 (10 Minutes)		11:00 AM				
11:15 AM	CLEAN UP CAMP!					C/D - 11:20 (10 Minutes)	11:15 AM				
11:30 AM						Stretch - 11:25			11:30 AM		
11:45 AM								Stretch - 11:40		11:45 AM	
12:00 PM	Walk to Busses						12:00 PM				
12:15 PM	Get on Bus Back to Plano East						12:15 PM				
1:00 PM	Arrive Back at Plano East - 1:00 PM						1:00 PM				