

TIME	VARSITY GIRLS	VARSITY BOYS	JV 1 GIRLS	JV 1 BOYS	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 - 6:40		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 - 7:25			7:30 AM
7:45 AM		Race - 7:55				Line - 8:00
8:00 AM	C/D - 8:00 (15 Minutes)		Race - 8:15	Line - 8:30	STAY COOL/ HYDRATED	
8:15 AM		Stretch - 8:30	C/D - 8:25 (15 Minutes)			Race - 8:45
8:30 AM	CHEER			ON	TEAMMATES	
8:45 AM		Stretch - 8:55	C/D - 8:50 (15 Minutes)			Race - 9:15 (15 Minutes)
9:00 AM	Stretch - 9:40			C/D - 9:15 (15 Minutes)	Race - 10:45	
9:15 AM		Warmup 10:00	Line - 10:30			Race - 10:45
9:30 AM	Line - 10:30			Race - 10:45	9:30 AM	
9:45 AM		Race - 10:45	C/D - 11:15 (10 Minutes)		Stretch - 11:30	9:45 AM
10:00 AM	CLEAN UP CAMP!			C/D - 11:15 (10 Minutes)		Stretch - 11:30
10:15 AM		Walk to Busses	C/D - 11:15 (10 Minutes)		Stretch - 11:30	
10:30 AM	Get on Bus Back to Plano East			C/D - 11:15 (10 Minutes)		Stretch - 11:30
10:45 AM		Arrive Back at Plano East - 1:00 PM	C/D - 11:15 (10 Minutes)		Stretch - 11:30	
11:00 AM	Arrive Back at Plano East - 1:00 PM			C/D - 11:15 (10 Minutes)		Stretch - 11:30
11:15 AM		Arrive Back at Plano East - 1:00 PM	C/D - 11:15 (10 Minutes)		Stretch - 11:30	
11:30 AM	Arrive Back at Plano East - 1:00 PM			C/D - 11:15 (10 Minutes)		Stretch - 11:30
11:45 AM		Arrive Back at Plano East - 1:00 PM	C/D - 11:15 (10 Minutes)		Stretch - 11:30	
12:00 PM	Arrive Back at Plano East - 1:00 PM			C/D - 11:15 (10 Minutes)		Stretch - 11:30
12:45 PM		Arrive Back at Plano East - 1:00 PM	C/D - 11:15 (10 Minutes)		Stretch - 11:30	