

Southlake Carroll Invite Itinerary - 9/7/19

TIME	VARSITY GIRLS	VARSITY BOYS	JV 1 GIRLS	JV 1 BOYS	JV BOYS	TIME
4:30 AM	Arrive at Plano East - 4:30 AM					4:30 AM
4:45 AM	<b>Depart Plano East - 4:45 AM</b>					4:45 AM
5:45 AM	Arrive at Bob Jones Park - 3901 N White Chapel Blvd, Southlake, TX 76092					5:45 AM
6:00 AM	Setup Camp/Bathroom/Race Bibs					6:00 AM
6:15 AM	Warmup 6:15		Walk First Part Of Course		Hold Spot On Start Line	6:15 AM
6:30 AM			Hold Spot On Start Line		Walk First Part Of Course	6:30 AM
6:45 AM	Start Line 6:45	Warmup 6:35				6:45 AM
7:00 AM	Race 7:00		Warmup 7:10	Support	Team	7:00 AM
7:15 AM		Start Line - 7:10				7:15 AM
7:30 AM	Cooldown 7:35	Race 7:25	Start Line - 7:35	Warmup 7:40		7:30 AM
7:45 AM			Race 7:50	Start Line 8:05		7:45 AM
8:00 AM	Stretch 7:55	Cooldown 8:00	Cooldown 8:30	Race 8:20		8:00 AM
8:15 AM			Stretch 8:20	Cooldown 8:55		Start Line 9:05
8:30 AM	Support	JV	Races	Warmup 8:30	8:30 AM	
8:45 AM				Start Line 9:05	8:45 AM	
9:00 AM				Race 9:20	9:00 AM	
9:15 AM				!!!	9:15 AM	
9:30 AM				Race 9:20	9:30 AM	
9:45 AM					9:45 AM	
10:00 AM	Cleanup Camp/Tent Area				Cooldown 9:55	10:00 AM
10:15 AM					Stretch 10:10	10:15 AM
10:30 AM	Team Meeting					10:30 AM
10:45 AM	Load Busses					10:45 AM
11:45 AM	Arrive back at Plano East - Will Update Through Remind If Back Earlier/Later					11:45 AM