

Marcus 1 Invite Itinerary - 8/31/19

TIME	VARSITY GIRLS	VARSITY BOYS	JV 1 GIRLS	JV 1 BOYS	JV GIRLS	JV BOYS	TIME
4:30 AM	Arrive at Plano East - 4:30 AM						4:30 AM
4:45 AM	Depart Plano East - 4:45 AM						4:45 AM
5:45 AM	Arrive at North Lakes Park - Denton						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 6:40					6:45 AM
7:00 AM	Race 7:00		Warmup 7:10	Support	Varsity/JV	Races	7:00 AM
7:15 AM	Start Line 7:15	Start Line 7:40	Warmup 7:40				7:15 AM
7:30 AM	Cooldown 7:35	Race 7:30	Race 7:55	Start Line 8:10	7:30 AM		
7:45 AM		Cooldown 8:00	Cooldown 8:30	Race 8:25	Start Line 8:35		7:45 AM
8:00 AM	Stretch 7:55	JV	Races	Stretch 9:20	Race 8:50	Start Line 9:10	8:00 AM
8:15 AM	Support						Stretch 8:50
8:30 AM		Stretch 8:20	Races	!!!	Cooldown 9:30	Race 9:25	Race 9:25
8:45 AM	Support	Races					
9:00 AM			Support	Races	!!!	Cooldown 9:30	Race 9:25
9:15 AM	Support	Races					
9:30 AM			Support	Races	!!!	Cooldown 9:30	Race 9:25
9:45 AM	Support	Races					
10:00 AM			Cleanup Camp/Tent Area				
10:15 AM	Cleanup Camp/Tent Area					Stretch 10:10	10:15 AM
10:30 AM	Team Meeting						10:30 AM
10:45 AM	Load Busses						10:45 AM
12:00 PM	Arrive back at Plano East - Will Update Through Remind If Back Earlier/Later						12:00 PM