

2019 Nike South Regionals

November 23rd, 2019 – The Woodlands, TX

[Meet Page](#)

[Athlete Waiver](#)

This is a non-UIL postseason meet. Participation in this meet is voluntary and encouraged to anyone wanting to continue their season and go up against the best competition in the region. We have a block of rooms blocked off and need a committed headcount by no later than September 22nd. Any athletes going to the meet are encouraged to stay at the team hotel. Students will be given an 'unexcused absence with the ability to do make-up work' and are encouraged to communicate with their teachers about missing school.

Date: 11/22 – 11/23

Cost: \$100 – includes cost for travel, hotel, entry fee and uniform

- Athletes must pay for their own meals (Friday Lunch/Dinner, Saturday Lunch)

Travel: Parent Volunteers – Vans

- We will need parent volunteers to drive/chaperone. Price of trip may increase if we do not get enough volunteer drivers. Based on current estimate we will need 10 drivers.

Meet Schedule - Tentative

Friday

3:00pm – 6:00pm Nike Retail Open @ Course

3:00pm - 6:00pm Course open for inspection/walk thru

3:00pm - 6:00pm Packet pick up at Bear Branch Sports Fields Registration Tent

Saturday

6:00am Late packet pick up opens at Bear Branch Sports Fields Registration Tent

7:00am Community race (all ages)

7:30am Boys Rising Stars (freshman/sophomore only)

8:00am Girls Rising Stars (freshman/sophomore only)

8:30am Boys Open 1

9:00am Girls Open 1

9:30am Boys Open 2

10:00am Girls Open 2

10:30am Boys Open 3

11:00am Girls Open 3

11:30am Boys Open 4

12:00pm BOYS CHAMPIONSHIP

12:30pm GIRLS CHAMPIONSHIP

1:00pm Boys Open 5

2018 Itinerary – For Reference

Time	Friday - 11/16/18
7:00 AM	Practice
9:00 AM	Leave Plano East
11:30 AM	Lunch - Shake Legs Out
12:30 PM	Leave for Hotel
1:45 PM	Check In Hotel
2:30 PM	Leave for Course
2:50 PM	Walk First Loop of Course + Walking Stretches
BUY GEAR NOW - DON'T WANT UNTIL AM	
4:00 PM	Pickup Race Packets
4:15 PM	Leave Course
4:30 PM	Get Ready for Dinner
5:40 PM	Leave for Dinner
6:00 PM	Dinner @ Olive Garden
8:30 PM	Arrive Back at Hotel
8:45 PM	Hand out Bibs/Go over meet information
10:00 PM	Lights Out

Course	5205 Research Forest Dr, The Woodlands 77381
Lunch	Subway - 3303 E Main St Ste F, Madisonville 77864
Hotel	Drury Inn & Suites - 28099 I-45 N, The Woodlands 77380
Dinner	Olive Garden - 26715 I-45 N, Spring 77380

Rising Stars	
Time	Saturday - 11/17/18
5:30 AM	Wake Up + Light Breakfast
6:10 AM	Depart for Course - DRESS WARM
6:25 AM	Arrive/Setup Camp
6:40 AM	Boys Warmup
7:10 AM	Girls Warmup
7:15 AM	Boys Starting Line
7:30 AM	Boys Race
7:45 AM	Girls Starting Line
8:00 AM	Girls Race/Boys Cooldown & Support
8:30 AM	Girls Cooldown/Boys Cleanup Camp
8:45 AM	Head Back to Hotel - Breakfast/Shower/Pack
10:45 AM	Depart for Course
11:00 AM	Arrive at Course
11:15 AM	Help Varsity Boys @ Start Line
11:30 AM	Support Varsity Boys
11:50 AM	Help Grant @ Start Line
12:00 PM	Support Grant
12:30 PM	Clean Up Camp
12:45 PM	Help JV Boys @ Start Line
1:00 PM	Support JV Boys
1:30 PM	Pack Up Camp
1:45 PM	Head Home!

Varsity Boys/Grant/JV Boys	
Time	Saturday - 11/17/18
8:00 AM	Varsity Boys/Grant Wakeup + Breakfast
9:00 AM	JV Boys Wakeup + Breakfast
9:45 AM	Varsity Boys To Course (Parent Carpool)
10:40 AM	Varsity Boys Warmup
10:45 AM	JV Boys Depart To Course (Carpool w/JV)
11:10 AM	Grant Warmup
11:15 AM	Varsity Boys @ Start Line
11:30 AM	Varsity Boys Race
11:45 AM	Grant @ Start Line
12:00 PM	Grant Race/Varsity Boys Cooldown & Support
12:10 PM	JV Boys Warmup
12:30 PM	Varsity Boys Clean Up Camp/Grant Cooldown
12:45 PM	JV Boys @ Start Line
1:00 PM	JV Boys Race
1:15 PM	JV Boys Cooldown/Varsity Boys & Grant to Hotel
1:45 PM	JV Boys to Hotel
2:30 PM	Varsity Boys/Grant Depart Hotel
3:00 PM	JV Boys Depart Hotel

2018 Nike South Travel Expectations

While on this trip you are expected to represent our school, program, teammates and coaches. This is not a vacation, you are traveling on this trip to compete in one of the best cross country meets in the country. If you do not follow these guidelines and embarrass yourself, or the team, then you will not be permitted to represent our program and participate in Nike South in the future. Below are the behaviors and expectations that I have for each individual.

- Be respectful to the parents who volunteered to drive
- No cussing or inappropriate language/conversations
- Thank anyone who helps or serves you in restaurants, gas stations or at the hotel
- Treat the hotel and their accommodations as if it was at your own house – NO RUNNING IN HALLWAYS
- Be respectful to your roommates and their preparations for the meet
- Lights out at 10:00 AM
- Be polite to other teams and coaches
- Wear Plano East gear while on this trip
- Help parents and volunteers if they ask you to do something
- Be a great teammate

I expect this form to be turned into me by Thursday, November 15th. You and your parent signing this form is an agreement that you will uphold these simple standards.

_____ Student Signature

_____ Parent Signature