

TIME	VARSITY GIRLS	VARSITY BOYS	JV GIRLS	JV BOYS	TIME
5:30 AM	Wakeup/Breakfast	SLEEP			5:30 AM
5:45 AM					5:45 AM
6:00 AM	Bus Departs Plano East - 6:05 AM				6:00 AM
6:15 AM	Check Backpack for Items (DRESS WARM)	Wakeup/Breakfast	SLEEP		6:15 AM
6:30 AM					6:30 AM
6:45 AM	Travel	Check Backpack for Items (DRESS WARM)	SLEEP		6:45 AM
7:00 AM					7:00 AM
7:15 AM		7:15 AM			
7:30 AM		Check Backpack for Items (DRESS WARM)			7:30 AM
7:45 AM					Varsity Girls @ Course 7:45 AM
8:00 AM	Bathroom/Bibs	Varsity Boys @ Course 8:15 AM	Check Backpack for Items (DRESS WARM)	8:00 AM	
8:15 AM	Warmup 8:15			8:15 AM	
8:30 AM	Start Line 8:45	Bathroom/Bibs	Travel	8:30 AM	
8:45 AM		Warmup 8:45		8:45 AM	
9:00 AM		Race 9:00		Travel	9:00 AM
9:15 AM		Start Line 9:15			JV Girls @ Course 9:15 AM
9:30 AM		Cooldown/Stretch 9:30		Race 9:30	Bathroom/Bibs 9:30
9:45 AM	Warmup 9:45		JV Boys @ Course 9:45 AM	9:45 AM	
10:00 AM			Bathroom/Bibs 10:00	10:00 AM	
10:15 AM	Support teammates - social distance with mask on. If your parents need to take you home, please leave with them. Students can ride the bus back if they need to.	Cooldown/Stretch 10:00	Start Line 10:15	Warmup 10:15	10:15 AM
10:30 AM			Race 10:30	Start Line 10:50	10:30 AM
10:45 AM		Race 11:05*	Cooldown 11:05	11:00 AM	
11:00 AM				11:15 AM	
11:15 AM			Support teammates - social distance with mask on. If your parents need to take you home, please leave with them. Students can ride the bus back if they need to.	Cooldown 11:30	11:30 AM
11:30 AM		Support teammates - social distance with mask on. If your parents need to take you home, please leave with them. Students can ride the bus back if they need to.			11:45 AM
11:45 AM					12:00 PM
12:00 PM					12:15 PM
12:15 PM					12:30 PM
12:30 PM		Arrive back at Plano East - Will Update Through Remind If Back Earlier/Later	12:45 PM		
12:45 PM	1:00 PM				