

TIME	JV GIRLS	JV BOYS	VARSITY GIRLS	VARSITY BOYS	ELITE GIRLS	ELITE BOYS	TIME
After 6th	McMillen/Williams Studnets Dismissed from School - RIDE ATHLETIC SHUTTLES						After 6th
4:45 PM	Bus Leaves Plano East						4:45 PM
5:45 PM	Arrive at McInnish Park - 2335 Sandy Lake Road, Carrolton 75006						5:45 PM
6:00 PM	Setup Camp/Pins/Bathroom						6:00 PM
6:15 PM							6:15 PM
6:30 PM	Walk First Part Of Course						6:30 PM
6:45 PM							6:45 PM
7:00 PM	Warmup - 6:45	STAY COOL/HYDRATED					7:00 PM
7:15 PM	Line - 7:15						7:15 PM
7:30 PM	Race - 7:30	Warmup - 7:15	Warmup - 7:35	CHEER	ON	TEAMMATES	7:30 PM
7:45 PM	Line - 7:45						7:45 PM
8:00 PM	C/D - 8:00	Race - 8:00	Line - 8:05	Warmup - 8:05	TEAMMATES	8:00 PM	
8:15 PM			Race - 8:20			Warmup - 8:25	8:15 PM
8:30 PM	CHEER	C/D - 8:30	Line - 8:35	Race - 8:50	Warmup - 8:45	8:30 PM	
8:45 PM			C/D - 8:50			Line - 8:55	8:45 PM
9:00 PM	ON	TEAMMATES	C/D - 9:15	Race - 9:10	Race - 9:30	9:00 PM	
9:15 PM				Line - 9:15		9:15 PM	
9:30 PM	!!!!!!!	C/D - 9:35	Race - 9:30	9:30 PM			
9:45 PM				9:45 PM			
10:00 PM	CLEAN UP CAMP!					C/D - 9:55	10:00 PM
10:15 PM	10:15 PM						
10:30 PM	Quick Meeting/Get On Bus						10:30 PM
10:45 PM	Arrive Back at Plano East - 10:50 PM						10:45 PM
11:00 PM							11:00 PM
SATURDAY PRACTICE ON OWN - SLEEP IN AND RUN AT DUSK							