

Lovejoy XC Festival - 9/23/17

Time	Elite Girls	Elite Boys	Large School Girls	Large School Boys	JV Girls	JV Boys	Time		
4:45 AM	Arrive at Plano East						5:00 AM		
5:00 AM	Bus Leaves						5:15 AM		
5:45 AM	Arrive at Myers Park						6:00 AM		
6:15 AM	Setup Camp/Pins/Bathroom - 5:45 - 6:30						6:15 AM		
6:30 AM							6:30 AM		
6:45 AM	Warmup - 6:45		Walk First .75 Of Course				6:45 AM		
7:00 AM							7:00 AM		
7:15 AM	Starting Line - 7:15	Warmup - 7:10					7:15 AM		
7:30 AM	Race - 7:30		Warmup - 7:30				7:30 AM		
7:45 AM		Starting Line - 7:40		7:45 AM					
8:00 AM	Cooldown - 8:00	Race - 7:55	Starting Line - 8:00	Warmup - 8:00			8:00 AM		
8:15 AM			Race - 8:15				8:15 AM		
8:30 AM		Cooldown - 8:20		Starting Line - 8:30			8:30 AM		
8:45 AM			Cooldown - 8:50	Race - 8:45			8:45 AM		
9:00 AM								9:00 AM	
9:15 AM				Cooldown - 9:15				9:15 AM	
9:30 AM							Warmup - 9:25	9:30 AM	
9:45 AM						9:45 AM			
10:00 AM					Starting Line - 9:55	Warmup - 10:00	10:00 AM		
10:15 AM					Race - 10:10		10:15 AM		
10:30 AM						Starting Line - 10:30	10:30 AM		
10:45 AM					Cooldown - 10:50	Race - 10:45	10:45 AM		
11:00 AM	Clean Up Camp - 11:00						11:00 AM		
11:15 AM								Cooldown - 11:15	11:15 AM
11:30 AM						Clean Up Camp			11:30 AM
11:45 AM							Clean Up Camp		11:45 AM
12:00 PM	Team Meeting						12:00 PM		
12:15 PM	Get on Busses						12:15 PM		
1:00 PM	Arrive at Plano East						1:00 PM		