

TIME	VARSITY GIRLS	VARSITY BOYS	JV GIRLS	JV BOYS	TIME	
4:55 AM	Bus Leaves Plano East				4:55 AM	
5:50 AM	Arrive at South Lakes Park; 556 Hobson Ln. Denton 76025				5:50 AM	
6:00 AM	Setup Camp/Bathroom/Pins				6:00 AM	
6:15 AM					6:15 AM	
6:30 AM	Warmup - 6:25	GET FOCUSED	Walk First Part Of Course		6:30 AM	
6:45 AM					6:45 AM	
7:00 AM	Line - 7:00	Warmup - 6:55	GET FOCUSED		7:00 AM	
7:15 AM	Race - 7:15				7:15 AM	
7:30 AM		Line - 7:30	Warmup - 7:20	STAY COOL/ HYDRATED	7:30 AM	
7:45 AM	C/D - 7:45 (20 Minutes)	Race - 7:45			7:45 AM	
8:00 AM			Line - 7:55	Warmup - 7:50	8:00 AM	
8:15 AM	Stretch - 8:10	C/D - 8:15 (20 Minutes)	Race - 8:10		Line - 8:25	8:15 AM
8:30 AM	SUPPORT			TEAM		C/D - 8:50 (15 Minutes)
8:45 AM		Stretch - 8:40	8:45 AM			
9:00 AM		9:00 AM				
9:15 AM	PICK UP TRASH	CLEAR TARP OFF	Stretch - 9:10	C/D - 9:15 (15 Minutes)	9:15 AM	
9:30 AM	CLEAN UP CAMP!				9:30 AM	
9:45 AM					Stretch - 9:35	9:45 AM
10:00 AM	Meeting/Debrief				10:00 AM	
10:15 AM	Get on Bus Back to Plano East				10:15 AM	
11:10 AM	Arrive Back at Plano East - 11:10 AM				11:10 AM	