

# **Coronado Cougar Classic**

**When:** Thursday, September 19th

**Where:** Monument Valley Park, Colorado Springs

**Who:** All Vista XC Runners are competing

**Bus:** Out of class at 12:45. Busses leave at 1:00. There will be 2 busses coming back to Vista after the meet.

All members of the TEAM should be on the bus to Colorado Springs. We would prefer that you ride with the TEAM home from the meet after the awards ceremony.

## **Schedule:**

3:00 Coaches Meeting

3:30 Boys Varsity (Run up to 9, score 5) Warm-up Leader: Weaver

4:00 Girls Varsity (Run up to 9, score 5) Warm-up Leader: Goodrum

4:30 Boys JV (Unlimited Entries-score 5) Warm-up Leader: Burgoyne and N. Romine

5:05 Girls JV (Unlimited Entries-score 5) Warm-up Leader: Newman and Burgoyne

5:45 Awards Ceremony and Dance Party

**Awards:** T-shirts to the top 15 in all 4 races. Plaques to the top 2 teams in each race.

## **Varsity Boys Line-up:**

C.Hart, Weaver, Graf, Walton, Speiker, Matzke, P.Smith, Fu, O'Sullivan

## **Varsity Girls Line-up:**

Suntken, Fitzsimmons, Reicher, Easton, Goodrum, Hendren, Schwartzkopf, Parker, McMullan

## **Junior Varsity:**

All athletes not competing in the varsity race are running in the JV race.

## **Warm-up and Cool-down:**

Be in the tent area 1 hour before your race to meet your teammates and warm-up leaders. We ALWAYS warm-up and cool-down together as a TEAM. Cool-down should start within 10 minutes of finishing your race. We cool-down 10-15 minutes after the race together.

## **Warm-up Clothing and Vista Nation Shirt:**

Bring your Vista Nation XC Shirt. Keep your warm-up gear on until race time, especially warm-up pants. This will help your muscles to stay warm and let your body perform when it's time to race. Make sure you bring plenty of warm gear with you in case the weather changes. .

## **Racing Flats and Race Start:**

Be on the line doing your strides and in your flats no later than 10 minutes before the start of the race. Injured runners will help collect gear at the start of each race and bring it back to the tent.