

Adidas Doherty Spartan Invitational

When: Thursday, October 3rd

Where: Bear Creek Park, Colorado Springs

Who: All Vista XC Runners

Bus: Out of class at 11:45. Bus Leaves at 12:00. Both busses will return athletes back to Vista after the meet.

ORDER OF RACES:

2:30 Girls Open (all Vista Athletes not running varsity)

3:15 Boys Open (all Vista Athletes not running varsity)

4:00 Girls Varsity (Fitzsimmons, Reicher, Easton, Goodrum, Suntken, Hendren, Soares, Newman, Parker)

4:30 Boys Varsity (O'Sullivan, Currie, Romine, Romine, Hart, Lovejoy, Burgoyne, Grover, Murphree)

5:30 Awards

Run 9 Varsity, Place 7, Score 5

Run Unlimited in the Open

AWARDS:

Top two teams in each division, Medals to top 10 and ribbons to 11-20 Varsity, ribbons to top 20 in JV

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.