

Pueblo Central Invitational

When: Saturday, September 14th

Where: Elmwood Golf Course, Pueblo Colorado

Who: All Vista XC Runners are competing

Bus: Be at Vista by **5:30**. 2 busses leaving at 5:45 a.m and coming back to Vista at approximately 2:30.

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

Lunch: The busses will stop in Pueblo for lunch after the meet. Please bring money to eat after the race.

Schedule:

9:00 a.m Varsity Boys (run 7, score 5)

9:30 a.m. Varsity Girls (run 7, score 5)

10:00 a.m. JV boys (unlimited entries)

10:30 a.m. JV Girls unlimited entries)

Awards will follow at approx. 11:20

Varsity Boys Line-up:

Fu, O'Sullivan, Spiker, N. Romine, Currie, J. Romine, W. Hart
(Warm-up leader Nick Romine)

Varsity Girls Line-up:

Fitzsimmons, Reicher, Easton, Goodrum, Johnson, Hendren, Newman
(Warm-up leader, Goodrum)

Junior Varsity:

All athletes not competing in the varsity race are running in the JV race.
Warm-up Leaders: Kelly McMullan and Tyler Mitchell)

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.

Breakfast, sleep, hydration:

Get to bed early tonight and be up early to eat breakfast. Make sure you are taking care of your hydration needs tonight and tomorrow. Your TEAMMATES are counting on you to be ready to give your best effort tomorrow.

Racing Flats and Race Start:

Be on the line doing your strides and in your flats no latter 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.