

## Upcoming Meet Information for **Saturday, 9/16:**

### RoadRunners Invite @ Washington Park, Denver

Off of Franklin

If your parents need meet information, refer to our website [www.bulldogdistance.com](http://www.bulldogdistance.com) and look under "Pre-Meet Info"

**Coach Smidt 303-621-4540**

**Where:** Wash Park

**PARENTS!! PARKING:** There will only be handicap accessible parking at the park entrance off Franklin and Mississippi. All teams should park in the Denver South HS parking lot corner of Louisiana and Franklin. Our **TEAM TENT** will be set up on the Franklin side between Mississippi & Kentucky.

**When:** Saturday, September 16 **RELEASE FROM CLASS: N/A** **BUS DEPARTS: N/A**

**Race Schedule** (please note that this schedule is **TENTATIVE!** Race directors sometimes change the order of races):  
All Eligible Athletes are competing!

**All athletes report no later than 9 am (come earlier if you want to watch the college races!)**

### **TENT SET UP & TEAR DOWN + Water Jug: Salad Group!**

MEET SCHEDULE: Great Opportunity to see a Collegiate Race!!

- o 8:30 Women's 6k COLLEGE
- o 9:15 Men's 8k COLLEGE
- o 10:00 Girls Varsity 5k *Claire only* 20 min Cool Down @10:30
- o 10:30 Boys Varsity 5k
- o 11:00 Girls JV 5k- 20 min Cool Down @11:40 Claire & Manager Time
- o 11:45 Boys JV 5k-20 min Cool Down @12:15 GIRLS Time

AWARDS:

The top placing Men's and Women's teams awarded a team trophy. The top 15 athletes per-gender awarded t-shirts at the finish line.

**Spaghetti Dinner Friday@ Alex's** residence (Prairie Center Neighborhood). Check the REMIND for address the night before.

Parents can pick up between 7:00pm - 7:30pm. **ATHLETES!!** The spaghetti Dinner is during PRACTICE time. The expectation is that you stay until the team is released by a coach. You don't have to eat, but you do have to stay through the team talk and whatever other activity has been planned.

#### Spaghetti Dinner FRIDAY for RoadRunners Sep 16 Meet

Salad Bag OR Croutons	Sauce Jar + plates (25)	Dessert OR French Bread	Spaghetti Noodles + forks (25)	Drinks & Cups (25)
Lucia	Makayla	Seth	Alex	
Cat	Maddy	Carter	Josh	Carson
Anahi	Alyssa	Dylan	Jackson	Claire
Talon	Ashley	Traven	Bijou	Amy

# ROADRUNNERS INVITE HIGH SCHOOL 5k



**ATHLETIC TRAINING**

**1 MILE**

**FINISH**

**3 MILE**

**2 MILE**

**START**

**CHECK-IN TABLE**