

## Upcoming Meet Information for **Friday, Sep 23, 2022**

### NW Open Space 5k PR Invite @ NW Open Spaces Park Northglenn

This info is also under "Pre-Meet Info" on our website [www.bulldogdistance.com](http://www.bulldogdistance.com)

**Coach Smidt 303-621-4540**

**Coach Aby 303-906-6594**

REPORT to RACE: **2:30** RELEASE FROM CLASS: 1:40 BUS DEPARTS: 2pm **BUS DROP ONLY**

**Where:** Parents- *PLEASE PARK in the NORTH LOT off of 112th.*

**Course:** Flat & Fast! Grass and Dirt.

MILE SPLIT TIMING! *Riley, Alex, Nick, & Dayanara*

**Race Map:** Map on back

#### Race Schedule (all eligible athletes will run)

1:40	Release from Class	
2:00	Bus DEPARTS from Ron Cox	
2:30	Report to race & set up camp	
4:00	Boys JV RACE	START WARM UPS at 3:00
4:45	Girls JV RACE	START WARM UPS at 3:45
5:30	Boys Varsity RACE	START WARM UPS at 4:30
6:00	Girls Varsity RACE	START WARM UPS at 5:00

**School Attire FRIDAY: Semi Formal (ties & dresses!)**

#### Pre-Meet Spaghetti Dinner @ TBA

**BRING FOOD ON Thursday & give to Alex (you can leave in Library during the day, but you need to pick it up before practice). SIBLINGS are TWO people, so bring twice what is on the list for your last name!**

*BHS kids can leave the food in the Library during the day.*

**EACH GROUP BRINGS (we have the potential to have up to 30 people):**

Last Name A-E	Drinks (gallon fruit punch or Capri-Suns)
Last Name F-L	Dessert & French Bread
Last Name M-P	Paper plates, cups, forks, napkins
Last Name R-Y	4 boxes Noodles 3 SMALL bags Salad