

## Upcoming Meet Information for **Saturday, Sep 10, 2022**

### Centaurus Invite @ Lake Waneka, Lafayette

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: **NLT 7:30am** RELEASE FROM CLASS: **N/A** BUS DEPARTS: **NO BUS (Saturday)**

**Where:** *Parking will be available in the neighborhoods around the reservoir. Please check the course maps to see where the best locations can be found near the start/finish area on the east side. The area is located east of I-25 just off of Hwy 60. Take exit 252 (off I-25) and look for High Plains Blvd or Carlson Blvd. on the north side of Hwy 60 shortly after exiting. See the link for the map below so you know which roads to take in order to park close to the course.*

**Course:** Flat – around the lake. Mostly concrete & dirt. Flats will be best

**Race Map:** on next page. MILE SPLIT TIMING! *Riley, Makayla, Dayanara & Eddie*

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

6:45-7:15 Waneka Classic Community 5K registration <https://sites.google.com/bvbsd.org/centaurusxc/home-invitational?authuser=0>

7:30 Waneka Classic Start (coaches too!)

**8:00 Coaches meeting (at the pavilion)**

8:15 MS 1.5Mi Boys (unlimited, score 5)

8:20 MS 1.5Mi Girls (unlimited, score 5)

**9:00 HS 5K Girls Varsity (run 7, score 5)** *Claire, Elizabeth, Brooklyn, Jazy, Katelyn, Amanda, Zia*

**9:30 HS 5K Boys Varsity (run 7, score 5)** *Connor, Cody, Seth, Ethan, Traven*

**10:00 HS 5K Girls JV (run 7, score 5)** *Maddy, Amy, Nylah, Nevaeh, Lydia, Alexa, Lanee*

**10:30 HS 5K Boys JV (run 7, score 5)** *Nick, Alex, Dylan*

11:00 HS 5K Open Boys (unlimited, unscored)

11:03 HS 5K Open Girls (unlimited, unscored)

11:45 HS Awards (We may have Individual/Teams who will receive an award, so plan to stay!)

### School Attire Friday: Wear your XC Jacket

**Fri Pre-Meet Spaghetti Dinner @ Brooklyn & JoJo Yates** 10127 Quintero St Commerce City 80022

**Coach Smidt will NOT be at the Pre-Race dinner but Coach Aby will be. Arrange for your own transportation!**

**Each Group is responsible for the items(s) listed—enough for 28 people.**

**EXAMPLE— A group of 6 is responsible for 3 bags salad & 3 bags croutons. That means each PERSON will bring ONE of those items, so you need to COLLABORATE! REMEMBER--not everyone on the Team has Snapchat for the Group Messages, so get direct phone numbers if needed!!**

Last Name A-D (6)	Dessert & French Bread
Last Name E-H (6)	Drinks (gallon fruit punch or Capri-Suns)
Last Name K-N (7)	Paper plates, cups, forks, napkins
Last Name P-Z (7)	3 SMALL bags Salad + 3 bags croutons

Yates: Spaghetti Sauce + Noodles (pick up from Amanda)