

Upcoming Meet Information for **Saturday, Sep 17, 2022**

Mercury Alumni Invite @ Adams County Fairgrounds

This info is also under "Pre-Meet Info" on our website www.bulldogdistance.com

Coach Smidt 303-621-4540

Coach Aby 303-906-6594

REPORT to RACE: **NLT 7:00am** RELEASE FROM CLASS: **N/A** BUS DEPARTS: **NO BUS (Saturday)**

Where: Athletes– *PLEASE PARK YOUR CARS along the road parallel to the fence to form a "chute" for runners to run through and to keep other cars off of the course.*

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

MILE SPLIT TIMING! *Riley, Makayla, Alex, & Eddie*

Race Map: Copy available on Wednesday

Race Schedule (all eligible athletes will run)

7:00 - 9:00	Packet Pick up for all
7:30 a.m.	Citizen's & Alumni Race 5k (Sign up HERE)
	8:30 a.m. Citizen's Awards
8:30 a.m.	Boy's Middle School 3k
9:00 a.m.	Girl's Middle School 3k
	8:45 a.m. HS Coach's Meeting
9:30 a.m.	Girl's High School 5k
10:00 a.m.	Boy's High School 5k
	HS Awards after completion of final race

WE SHOULD BE DONE BY 11:30 IF EVERYONE STAYS TO HELP CLEAN UP!

School Attire Thursday: Wear your XC Uniform/Jacket for Homecoming Red/White days

Fri Pre-Meet workout

Come to Adams County Fairgrounds after the parade (appx 3:30) for pre-meet workout and help with meet Set-Up. We can leave as soon as all flagging is done!

MILE 1 FLAGS: Jazzy, Zia, Dylan, Katelyn, Maddy, Dyanara, Eddie, Traven, Lydiah

MILE 2 FLAGS: Seth, JoJo, Makayla, Cody, Amy, Claire, Connor, Ethan, Lanee

MILE 3 FLAGS: Nylah, Amanda, Alexa, Nick, Nevaeh, Alex, Brooklyn, Elizabeth

FINISH LINE CHUTE: Everyone

Fri Pre-Meet Tailgate Pizza?