

## Upcoming Meet Information for [Friday, Oct 6, 2023](#)

### League Championships @ Northwest Open Spaces

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**

**Schedule:** RELEASE from CLASS 12:00 BUS DEPART 12:15 **NO RETURN BUS!!**

**Where:** Northwest Open Space Park, Northglenn **PLEASE PARK in the NORTH LOT off of 112th**  
**REPORT to RACE:** 12:45pm Bus parking is off of 112th Ave. just west of Pecos.

**Course:** Mostly Grass **Weather:** Low 60's - Partly sunny

**School Attire FRIDAY:** **Dress Up! It is our League Championships!!**

**TENT SET UP & TEAR DOWN:** Varsity Girls

**WATER JUG:** Varsity Boys

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

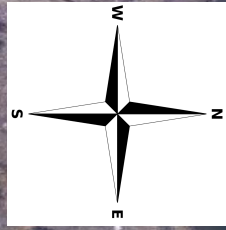
12:00 Release from Class  
 12:15 Bus DEPARTS from Ron Cox  
 12:45 Report to race & set up camp  
 1:00pm Coach's Mtg  
 2:00pm first race **WE ARE IN BOX 12!!**

TEAM	Warm-up	Race	Cool Down	Timer for...	
JV BOYS	1:10	2:00pm	2:30-2:50	Varsity	Talon, Alex, Josh, Dylan
JV GIRLS	2:10	3:00pm	3:35-3:55	Varsity	Carson, Traven, Jackson, Seth
V BOYS	2:40	3:33pm	4:00-4:20	JV	Anahi, Cat, Lucia
V GIRLS	3:10	4:03pm	4:25-4:45	JV	Claire, Alyssa, Amy, Maddy, Makayla
				Mile 1 & 3 Marley Mile 2 Ashley & Bijou	

**Spaghetti Dinner THURSDAY@ Amy's House** Check REMIND for address. Leave 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.

Salad Bag / Croutons	Sauce Jar	Dessert / French Bread	Spaghetti Noodles	Drinks
Lucia Salad	Alex** ALSO Plates	Seth BREAD	Makayla	Talon
Cat Salad	Josh** ALSO Plates	Carter BREAD	Maddy	Carson
Anahi Croutons	Jackson	Dylan DESSERT	Alyssa	Claire
Marley Croutons	Bijou	Traven DESSERT	Ashley	Amy



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**BHS CAMP > tent & water**