

Upcoming Meet Information for **Friday, Sep 29, 2023**

Loveland Sweetheart Invite @ Loveland High School/Northlake Park

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

Coach Smidt 303-621-4540

Coach Aby 303-906-6594

Schedule: RELEASE from CLASS– 10:35am BUS DEPARTS– 10:55am **BUS BOTH WAYS!**

Where: Loveland High School / North Lake Park **REPORT to RACE: 11:45**

Parents: Come in from Taft / Northlake Park Rd and park in the lots. Our Team Camp will be near the amphitheater. **Buses** Northlake Park Rd & pull around to Custer Drive and in the east end of the LHS parking

Course: Mostly Grass **Weather:**

MILE SPLIT TIMING! *Bijou, Ashley, Marly*

School Attire FRIDAY: Uniform / School Colors

TENT SET UP & TEAR DOWN: JV Boys

WATER JUG: JV Girls

Race Schedule (all eligible athletes will run) Results <https://sodisp.com/events/loveland-sweetheart-xc-invitational>

10:35 Release from Class
10:55 Bus DEPARTS from Ron Cox
11:45 Report to race & set up camp

TEAM	Warm-up	Race	Cool Down	Timer for...	
V GIRLS	12:10 PM	1:00 PM	1:30 - 1:50	Girls JV 2:00pm	Claire, Alyssa, Amy, Maddy, Makayla
V BOYS	12:40 PM	1:30 PM	2:00 - 2:20	Boys JV 2:30pm	Carson, Traven, Jackson, Seth, Talon
JV GIRLS	1:20 PM	2:00 PM	2:45 - 3:00	Girls V 1:00pm	Anahi, Lucia, Cat
JV BOYS	1:50 PM	2:30 PM	3:00 - 3:15	Boys V 1:30pm	Alex, Josh, Dylan

Spaghetti Dinner THURSDAY@ Maddy's House in Reunion. Check the REMIND for address.

Due to the fact that the dinner is in Reunion, parents can pick up between 6:45pm - 7:15pm.

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.

Napkins / Cups	Sauce Jar	Plates & Forks 25	Drinks	Drinks
Makayla Cups	Seth	Alex Plates	Talon	Lucia
Maddy Cups	Carter	Josh Plates	Carson	Cat
Alyssa Napkins	Dylan	Jackson Forks	Claire	Anahi
Ashley Napkins	Traven	Bijou Forks	Amy	Marly

