

Hamilton High School Cross Country Invitational
Thursday, September 28, 2023
Marcus Daly Mansion
251 Eastside Hwy, Hamilton

10:40	release from class
11:00	Bus departs
12:30	Bathroom break at rest area
2:00	Arrive in Hamilton
2:30	start course walk
3:30	varsity and JV boys begin warmup
4:00	varsity and JV girls' race
4:10	varsity and JV girls begin warmup
4:40	varsity and JV boys' race
5:15	boys' cooldown
5:30	team pictures
5:45	depart the mansion
6:00	park at grocery store parking lot; buy/eat dinner
3:30	leave Hamilton
7:30	bathroom break at rest area
9:00	arrive home

- varsity and JV run together
- course is on the grounds of the Marcus Daly Mansion. It is a 2.5K loop run twice and is run on mostly grass and some dirt road
- listen to your captains:
 - warmup
 - course walk strategy and meeting spot
 - cool down
 - mantras
- bring a lunch to eat on the bus on the way up
- make sure you have uniform etc. ready to go – you will not have time to go home
- we will stop at grocery store after so bring another meal or money
- Time to focus!! Starting this meet, points will count 1.5 times. (see guidelines)
- girls are in charge of tent, kit, cooler (on and off the bus!!)

“Okay, campers. Rise and shine. And don't forget your booties, because it's cold out there today. It's cold out there every day.” Bill Murray in “Groundhog Day”

