

Roy Griak Team Itinerary September 23rd, 2022

ENTRIES:

Girls Varsity: Ainsley Fahey, Emily Stahlberg, Yom Kuol, Anna Schneider, Naomi Rock, Anastasia Kieffer

Boys Varsity: Collin Winkleman, Kory Klein, Camden Reilly, Freddy Nishimwe, Emran Anbesse, Brayden Roach, Mason Hein, Cole Reilly, Ashton Knoff, Riley Williams

Also Traveling: Collin Feerick, Antonio Hacker, Jakob Christopherson, Shani Gide

8:45 load bus(near the track)

9:00 Load the bus and depart as soon as loaded. Help with equipment!

11:30 Stop in St. Peter for a break. This would be a good time to eat something I will have a variety of fruit available for you and sandwiches.

11:45 Leave for St. Paul

1:20 Arrive at Les Bolstad Golf Course 2175 Larpenteur Ave W, St Paul, MN 55108 We need to get everything to the camp and set-up. Everyone needs to help. Once camp is set-up, go to bathroom, get t-shirts, ect. Take everything off the bus you need to compete! **Team Busses: Parking will be in Parking Lot 55 on the St. Paul Campus. Drop team off at the golf course. Continue West on Larpenteur Ave. - take a left on Eustis St.; left on Como Ave. - right into Gate 24 for Lot 55.**

2:00 Walk the course and prepare for race; Put numbers on uniform top. Chips are in the number...do not crumple numbers. Replace spikes

3:30 Boys warm-up for race. 15 minutes of running to elevate heart rate 15 minutes of stretching, going to the bathroom, get some water if warm 5 minutes to spike-up (wear them to the line) and go to the line **BOX # TBD** 15 minutes of dynamics, number check, uniform check

4:15 Girls warm-up for race. 15 minutes of running to elevate heart rate 15 minutes of stretching, going to the bathroom, get some water if warm 5 minutes to spike-up (wear them to the line) and go to the line **BOX #TBD** 15 minutes of dynamics, number check, uniform check

4:30 Boys race starts (MAROON) **Box # TBD**

5:15 Girls Race Starts (MAROON) **Box#TBD**

5: 50 Tear down camp and load bus (while girls are cooling down, boys can start to tear down camp.)

6:30 Load bus depart for food in Shakopee, MN

7:00 Arrive at Shakopee; eat on the bus

7:30 Depart for Sioux Falls

11:30AM Arrive at Washington, help unload the bus

Remember you represent Sioux Falls Washington, your team, your coaches, and your families. Leave a good impression on people you encounter during our trip whether it be traveling, eating, or at the meet. Have fun, compete hard, and enjoy the experience!

