

Roy Griak Team Itinerary September 24th, 2021

ENTRIES:

Girls Varsity: Ainsley Fahey, Emma Maloney, Gabby Spain, Emily Stahlberg, Yom Kuol, Anna Schneider, Naomi Rock, Angelina Palmiotto

Boys Varsity: Davis Shafer, Alex Bittner, Collin Winkleman, Avery Hettich, Kory Klein, Camden Reilly, Freddy Nishimwe, Gavin Lewis, Emran Anbesse, Brayden Roach

Also Traveling: Aaron Alberts, Amara Burwell, Conner Beckstrand, Collin Feerick, Davon Terry, Shani Gide, Elizabeth Russell, Antonio Hacker, Irakoze Muhuza

9:45 Excused from Class and load bus(near the track)

10:00 Load the bus and depart as soon as loaded. Help with equipment!

12:30 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.

12:45 Leave for St. Paul

2:20 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.

3:00 Walk the course and prepare for race; Put numbers on uniform top. Chips are in the number...do not crumple numbers. Replace spikes

4:15 Boys warm-up for race. 20 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 #28** 15 minutes of dynamics, number check, uniform check

5:00 Girls warm-up for race. 20 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 #34** 15 minutes of dynamics, number check, uniform check

5:15 Boys race starts (MAROON) **Box #28**

6:00 Girls Race Starts (MAROON) **Box#34**

6:35 Tear down camp and load bus (while girls are cooling down, boys can start to tear down camp.)

7:00 Load bus depart for picking up Pizza in Shakopee, MN

7:40 Arrive at Pizza eat on the bus

8:00 Depart for Sioux Falls

12:00AM 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!

