**Rockhurst High School**

**Cross Country 2023**

**35th Greg Wilson Classic (Aquinas) Cross Country Meet**

**Saturday, September 2, 2023**

**Shawnee Mission Park**

Aquinas will host their meet once again at Shawnee Mission Park. There are going to be about 14 schools attending - including Shawnee Mission, Blue Valley, and Olathe Public Schools, St. James, and St. Thomas Aquinas. As we approach the weekend let’s make sure to focus our competitive spirit – do the right things to race the best you possibly can! We have to earn the right to compete for our school. We have to be HUNGRY!

**PLEASE NOTE – All sub-varsity runners will race in JV (Frosh, Soph, Jr, Sr)**

**Schedule**

7 a.m. Coaches, managers, and varsity runners arrive at the course. Managers set up camp

7:15 a.m. V Begin warm-up (15 minutes)

7:30 a.m. JV runners arrive at the course

8:00 a.m. 5 minute tempo effort in spikes, singlets on, team talk

8:15 a.m. Team prayer, jog to the line, dynamics, striders, team huddle

8**:30 a.m. Varsity team boys race (5,000 meters – Top 20 medal)**

8:20 a.m. JV Begin warm-up (12 minutes)

8:50ish a.m. V begins cooldown (10 min)

8:50 a.m. JV stretching and bathroom

9:18 a.m. Spike up, singlets on

9:25 a.m. Team prayer, jog to the line, dynamics, striders, team huddle

**9:45 a.m. Junior Varsity team boys race (5000 meters – Top 20 medal – unlimited entries)**

10:20 a.m. JV begins cooldown (10 min)

10:30 a.m. Awards ceremony

11:00 a.m. Estimated dismissal – after team meeting/prayer

All team members need to pay attention to the time schedule to make sure they are with their teammates. All team members should participate in every team prayer (before each race). Get the bathrooms and water taken care of and also have a parent/teammate bring you water because the walk back to the start is a little far.

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# **Meet Information**

Remember to bring a bag with your running shoes, extra socks, spikes (have ¼ inch implements), spike wrench, uniform and the XC team T-shirt to warm-up in. Get plenty of rest 2-3 days before the race (Thursday night is very important). Begin including more carbohydrates (pasta, rice, potatoes) into your diet Thursday through Friday and reduce fat and protein on Friday. Also continue to be hydrated with a mix of sports drink and water (don’t just start on Friday or Saturday).

**Expectations**

You will be getting a chip for timing and you MUST return that to a coach after you race. We are charged for any chips unreturned so that will be passed along to you.

You are expected to remain for the entirety of the meet. As you put on your uniform, understand that YOU ARE Rockhurst Cross Country NOW – a part of a strong tradition of dedicated, talented, and hungry racers.

Approach the meet with the attitude that you will give your best performance and help your teammates do the same thing by racing in packs, cheering the other two races on and helping make it a great day. Good luck! Go Hawklets!

Don the singlet - do so with great pride and class!

**Meet Directions**

The course in Shawnee Mission Park is north of the main entrances to the park off of Renner Road. There is an entrance further north of the course that would take you to the Theatre in the Park and that is where parking and drop is located.

**Meet Division (Who will run in which race)**

We will determine who will race by Wednesday morning. We reserve the right to not race team members because they either didn’t attend enough practices, are not fit, are injured or we feel that it is not in the best interest of the program or of the person. All team members must demonstrate a positive attitude and good efforts.

***Hard-working! Competitive! Fun-Loving!***

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