

2021 BLUE VALLEY NORTH XC MUSTANG

Time Trial & Parent meeting

Saturday, August 21st

WHERE

Time Trial: Shawnee Mission Park
(79th and Renner)
7710 Renner Rd. Shawnee, KS 66218

SCHEDULE

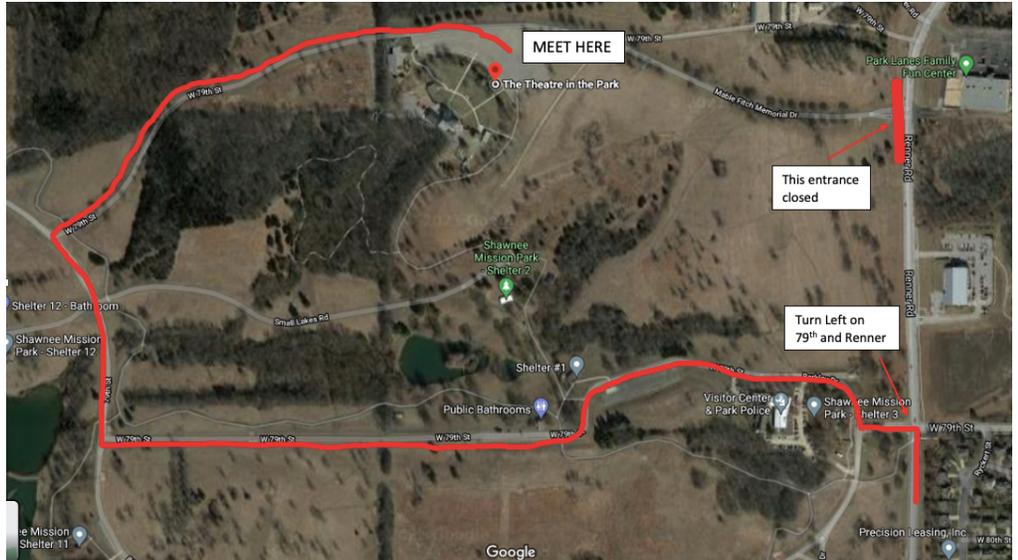
6:30 a.m. ATHLETES Arrive
Team Warm-up/stretching/jog the
course

7:15 a.m. Girls Race
(we will start early if we can)

7:30 a.m. Boys Race
(we will start early if we can)

8:00 a.m. Parents/Athletes/Coaches Meeting

9:00 a.m. Done!!



PARENTS

Come watch your son/daughter run through the plains of Kansas or at least the well-groomed trails of the Shawnee Mission Park! Then join us for breakfast and meet other BVN XC families. Come prepared to sign up to help with team dinners and meet snacks (a family calendar might be helpful). Seating will be limited so please bring lawn chairs for your family.

BREAKFAST ASSIGNMENTS

Freshmen: Fruit

Sophomores: Pastries/Bread

Juniors: Main Dish, Casserole, protein (No electricity. Please bring item cooked)

Seniors: Utensils- plates, napkins, silverware, cups, water/juice

Questions? Please email Coach Riley - mariley@bluevalleyk12.org