St. Charles North Boys Cross Country

Richard Spring-Peoria Notre Invitational Overnight

To:

This Friday we are taking a select group of athletes down to Peoria one night early for the Richard Spring-Peoria Notre Dame meet. This experience is for us to mimic our time at the state meet in November. We will be staying at the same hotel, eating at the same places, etc…

Hotel: Embassy Suites East Peoria (Riverfront): 100 Conference Center Drive, East Peoria, IL.

The cost of the trip is $40 per athlete. This includes the hotel, dinner on Friday night, and breakfast on Saturday (and lunch on Saturday as well). Please make checks out to "St. Charles North High School" (or cash) and return to Coach Harrington by Thursday.

Since we are leaving after school on Friday, this is not a field trip.

We should return around 6:00 pm on Saturday.

Please contact me if you have any questions.

Coach Harrington
Kevin.Harrington@d303.org

_____ has my permission to go to the Richard Spring-Peoria Notre Dame meet one day early as an overnight.

_____ _____

Parent/Guardian Signature Date

Peoria Notre Dame Richard Spring Invitational

16 September 2017 EARLY LEAVE ITINERARY

Athlete Packing List

- Uniform
- Spikes
- Trainers
- Weather appropriate clothes (layers are good- it could be wet)
- Appropriate snacks and personal drinks (we will have water)
- Extra Socks (always good to put in a zip lock bag)
- Pillow for the bus ride

Overnight Packing List

· Practice clothes for Friday and shake out run on Saturday
· Change of clothes for Friday night dinner- collar, jeans or non-athletic shorts
· Black running shorts or half tights (varsity)

If you need to store your gear for the day, bring it to office 127.

Friday

5:30AM	Practice
2:30	Be ready to leave
5:30	Stop at course
6:30	Dinner
7:30	Team Meeting
9-10	In room

Saturday Morning

6:45	Wake Up
7:00	Shake Out
7:30	Breakfast
8:30	Check out

Saturday at meet

9:40	Watch Girls Varsity
10:00	Varsity Warm Up
10:40	Varsity to the line
	Frosh-Soph Warm Up (10 entries)
11:00	Varsity Race
11:20	Frosh-Soph to the line
	Open Warm Up
11:40	Frosh-Soph Top 10 race
12:00	Open to the line
12:20	Open Race
1:00	Picnic at Detweiller
5-6	Arrive home