Palmyra Cross Country Invite
Palmyra High School
Thurdsay, August 29th 2024

TIME SCHEDULE:

1:30 p.m.	Arrive at Hale, help load the bus
1:40 p.m.	Bus Leaves from Hale
2:30 p.m.	Arrive at the Meet
3:15 p.m.	Everyone warmup for race
4:00 p.m.	**Race**
4:40 p.m.	Team cooldown together 10-20 mins and strides
~6:15 p.m.	Arrive back at Hale (estimated)

TEAMS AND BOX ASSIGNMENTS: See the meet information here if want extra info

Palmyra-Eagle Cross Country Invite 8/29/24

AWARDS: Top 25 varsity finishers and plaques for Top 2 teams.

OTHER NOTES:

- Results will be available on tracksidetiming.com
- Wear our Hale shirt for warm-up and cooldowns. Be a team.
- We will thank the host coaches and officials. Act with class.

HALE Racing ROSTER: ONE TEAM

Emerging Var	Var	**Cross Country Equipment Assignments**
Caleb Jensen	Elijah Sayeg	**Load & unload all equipment (from bus) and put back to storage…**
Iker Robles	John Gruichich	**Bin**-- Kai
Damien Sheridan	Kai Bruner	**Banner**-- Brody
Ethan Muelrath	Joseph Ventura	**Tent & Sides**- Elijah, John
Sam Kabb	Koda Bruner	
Henry Roemer	Nate Hutter	
Nate Siepe-Pick (first Loop)	Ethan Plier	
Payson Vahovick (first Loop)	Preston Plier	
Brody Kaminski		
Evan May		
Antonio Lizalde-Vega (first Loop)		

Remember - Put in fresh spikes day before the meet, not the day of. Bring your jersey, remember your racing shoes and trainers to warm up in. Wear your team shorts and shirt for warmups. Bring water and healthy recovery snack for after the race.