

SJA CC @ Gilmour Primeau Invitational

Friday, September 27, 2013

Friday is freshmen welcome – a day meant to celebrate the arrival of the 9th grade class to school with candy, etc...Be smart about how much you eat. Perhaps save most of your candy for after your race. Drink water all day! Also, because lunch is at 11:45 and 12:15 on Friday you need to plan YOUR food schedule appropriately. That may mean packing an extra sandwich to eat at 2:00 or 3:00 pm so that when you race at 5:30 or 6:30 you are not glycogen depleted.

3:20 – bus leaves for Gilmour

4:45 – varsity warm-up (varsity 7 = Wagner, R. McGuire, Alesha Vovk, Marconi, Zimmerman, Butterfield, Fibbi)

5:30 – varsity race for Div I schools

5:45 - open warm-up

6:30 – open race (scored) – (32) Kroeger, Hyland, Moore, Pellegrino, Fahey, Stauffer, B. McGuire, Vichell, A. Saul, Nebbia, Carroll, Bonca, Hurley, Kanary, Roberts, Kemer, Strasser, Mullins, Yu, Dabydeen, Taylor, Tran, Renner, Bufogle, Kowalski, Biehl, D. Saul, Kelley, Wolodzko, Miczak, Waters (2 miles), Chadwell (2 miles)

Not running; (14) McMahon, Battistoni, Stuart, Stalder, Sedlak, Alana Vovk, Timmons, Minich, Curry, Grusenmeyer, Johnson, Jamieson, Baker, Farris