

Sectional Meet
Saturday, October 26th
Grant Park, South Milwaukee

TIME SCHEDULE:

9:00 a.m. Bus
9:30 a.m. Arrive at course
9:45 a.m. Shakeout 8-10 minutes
11:00 a.m. Warm-up
11:30 a.m. At line together
11:45 a.m. RACE!
12:15 p.m. Awards
1:30 p.m. Estimated time back at Hale

TEAMS

1. W. A. Central 5. Greenfield 9. Milw. Reagan
2. Greendale 6. South Milwaukee **10. W. A. Hale**
3. Wauwatosa West 7. Brookfield Central 11. Cudahy/St. Francis
4. Milw. Hamilton 8. Milw. Bradley/Arts

AWARDS: Top 2 Teams qualify for state, top 5 individuals not from those teams also advance

OTHER NOTES:

- Follow race day routine for warm-ups and cooldowns. Today's cooldown assignment 10 minutes.
 - Plan your nutrition based on race time - School day so plan ahead!
 - Wear gray or green jacket you have and black pants for warmups and at meet. Black long sleeve for at school.
 - Eat smart! See race times eat 3-3.5 hours prior. Light digestible foods
 - Bring extra warm clothes, weather fluctuates this time of year
 - **Thank hosts (South Milwaukee) #Character**
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HALE ROSTER: No Limits - Run our Race - For each other , Lineup as of Monday

<u>Team</u>	No Limits - Race fearless For The Team.
Joshua Truchon Liam Kelley Cole Orlowski Joseph Hertel Collin Raschka Matthew Kees Alex White	<u>Tarps</u> -- Chase Witty <u>Banner</u> -- Tony <u>Med Kit</u> -- Jack Hutter <u>Garbage</u> -- Mach <u>In charge of CHIPS:</u> Dewitt <u>Tent & Sides</u> - Gavin, Tucker, Brennan #Build #Love
Prepared to race Cole Konczal, Brennan Kompas, Carson Shane	

“The man who is afraid to risk failure seldom has to face success.”

Men not racing, do your job. You'll run together when we arrive and then be on the course cheering for the team! You are not here to be a distraction and goof off. ‘For the team’ means every guy is a part of our success!

Thursday Invitational at South Milwaukee

Thursday, October 24th

Grant Park, South Milwaukee

TIME SCHEDULE:

1:15 p.m. Out of Class politely
1:30 p.m. Bus (Want to leave right on time or bit before this!)
2:00 p.m. Arrive and set up at course
2:10 p.m. Fast race warmup
2:45 p.m. Fast Racers at line
2:55 p.m. Faster racers warm up
3:00 p.m. Race 1
3:25 p.m. Faster Racers at line
3:40 p.m. Race 2
4:00 p.m. Cooldowns
4:15 p.m. Leave for Hale
5:00 p.m. Estimated back at Hale

TEAMS

Augustine Prep, Brookfield Central(girls), Franklin, Kenosha Bradford, Kenosha Tremper, Kenosha Indian Trails, Kettle Moraine(boys), Mukwonago, Muskego, Oak Creek, Racine Case, Racine Horlick, Racine Park(boys), Waukesha North, Waukesha South, Waukesha West, Wauwatosa East(girls), Wauwatosa West. West Allis Hale, West Allis Central, Westosha Central, Whitnall, Wis. Lutheran.

AWARDS: Top 20 in each race, and top 3 team medals for faster race!

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HALE ROSTER: No Limits - Set the tone

<u>Race 1</u>	<u>Race 2</u>	No Limits - Race fearless
Chase Witty Tony Rodriguez Nathan Benti Tyler Koney Jaylon Alexander Ryan Bergeman Gavin Graham Jordan Strothenke Kyle Steele Braeden Rausch Tucker Sander Angel Rivera Chris Clark	Brennan Kompas Carson Shane Frank Bevsek Nick Burgess Jack Hutter Robert Petrovick Ethan Fisher	Act with class and race fast! <u>Tarps</u> -- Chase Witty <u>Banner</u> -- Joseph Hertel <u>Med Kit</u> -- Joshua Truchon <u>Garbage</u> -- Mach <u>In charge of CHIPS</u> : Dewitt <u>Tent & Sides</u> - Tony, Carson, Kees #Build #Love

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