

Champ Sports(Footlocker) Cross Country West Regional 2023

****Tentative Schedule****

Wednesday Nov. 29th

- Leave Jordan after school (3:00 pm Mountain Time)
- Stops for runs and stretching
- Team dinner 7:00 pm
- Arrive at hotel and lights out (3:00 am Pacific Time)

Thursday Nov. 30th

- Breakfast at Hotel
- Morning Practice
- Team building activities
- Lunch 12:00 pm
- Team building activities
- Dinner 6:00 pm
- Team Meeting
- Lights out 10:00 pm

Friday Dec. 1st

- Breakfast at Hotel
- Race packet pickup 8:00 am
- Practice on course
- Lunch 12:00 pm
- Team building activities
- Team dinner 6:00 pm
- Pre-race routine practice 8:00 pm)\
- Lights out 9:00 pm

Saturday Dec. 2nd

- Breakfast at Hotel
- Race day AM 7:00 am
- Pack up hotel room and shower
- Lunch 11:30
- Head home 12:00 pm Pacific Time
- Arrive home 11:00 pm Mountain Time