

SJA @ McDonough Invitational hosted by VASJ
Forest Hills Park, Cleveland Hts., OH
Sept 17, 2016

9:00 – busses leave SJA with Coach McHenry and Coach Dienes

10:20 – Reserve Race warm-up

11:15 – girls reserve race – Hyland?, Kelley, K. Nauman, Lane, Dabydeen, Musser, Keyser (7)

11:30 – girls open race warm-up

12:25 – girls open race

A team – Andrews, C. Baker, Coreno, Fallon, G. Ialacci, R. Ialacci, Jordan, Kanary, Merimee, Titschinger, Tran, Wolodzko (12)

B team – Beech, Boland, Burns, Corrigan, Dek, Dever, Ferrara, Johanek?, Johnson, Maher, McGuire, Noeth, White, (Kunath) (14)

C team – Chambers (if available), Crayton-Prioleau, Gaspar, Hollenbeck, Horner, Irwin, Lenehan, Mancuso, Meyer, Miczak, Patton, Schuler (12)

Note: Kunath not entered online, but SHOULD be running. Will be added to B team in open race.

Remember teams were evenly split up to create some inter-team competition within the open race. All open runners race at the same time!

12:40 – varsity red warm-up

1:35 – varsity red race - Hahn, Vovk, Grant, C. Wagner, Renner, J. Nauman, Becker (7)

2:15 – varsity cool down

2:30 – athlete of meet vote, stretch, THEN food

3:00 – leave for home

3:30 – bus arrives at SJA

Not running: Pellegrino, Rogozinski, Good, Perkins, A. Baker