

SJA @ Avon Lake Earlybird Meet 2025

August 30, 2025

Lorain County Community College

*you want to eat some good, easily digestible calories 1-3 hours before your race (depending upon whose stomach we are talking about).

7:40 AM - bus leaves SJA (so arrive before)

8:00 - arrive at LCCC

8:40 - Varsity warmup

9:30 - Varsity race (Avery Stives, Maddie Koons, Elizabeth Siefker, Carolyn Skrha, Kathryn Starck, Olivia Newman, Sylvia Langer, Amelia Litten)

9:40 - JV/Open warmup - everyone else who is healthy

10:30 - JV/Open race

11:30 - team meeting

11:50 - leave

12:15 - arrive back at SJA

N/A - Grace Litten, Grace Henry, Julia McNulty, Izzy Snow, Daphne Norris, Maya Ciurcel, Ellen Loftus, Libby Weiss, Sadie Feran, Maddie Ruane

NOTE FROM THE MEET:

Please be aware that there is a THIRTY MINUTE time limit for athletes to complete the course. After thirty minutes athletes must immediately vacate the course to allow the start of the next race. This rule is necessary to keep the meet on schedule.

This meet is on [oh.milesplit.com](https://oh.milesplit.com/meets/686053-avon-lake-earlybird-meet-2025) and the results link will be posted here when it is available:

<https://oh.milesplit.com/meets/686053-avon-lake-earlybird-meet-2025/results>

Milesplit page:

<https://oh.milesplit.com/meets/686053-avon-lake-earlybird-meet-2025>

The course map can be found below.

