



Best of the West		
Thursday- <ul style="list-style-type: none"> Dismissed after 2nd period Could stay in school through 3rd if you wish Need to be at Hart Ranch by 11:30 for Senior Recognition 	RACE SCHEDULE <i>Hart Ranch Camping Resort</i> 1:00 PM Girls (All) 1:30 PM Boys (All)	The Meet <ul style="list-style-type: none"> S- Stevens Raiders You represent more than yourself; the team, the school, the city. Our Behavior & Attitude will be 1st Class
		Checklist <ul style="list-style-type: none"> Team T-Shirt Uniform Spikes Hydration/ Nutrition

GENERAL NOTES

- Chance to see where you stack up vs everyone else's Varsity squads
- Course PR's
- Our #1 will be the State Meet alternate
- Uniforms: I'll have a ziplock bag with your name on it; turn it in after the race.

SCHEDULE

- Friday- Team Pics after school (start individuals right away) / location TBA
 - Recovery Run to follow
- Saturday- 70' OYO

If you're running the Nike Meet, keep showing up next week. You'll have a different training schedule than the state meet crew to get you prepared for a big PR at the Nike Heartland Meet.