

Trip Itinerary for the Topeka Seaman Invitational
Saturday, Sept 29, 2018; Shawnee North Activity Center Topeka KS
½ mile east of North Topeka Blvd on 43rd street.

5:30 am.....Locker rooms open at OEHS. Be sure all spikes, sweats, rain gear and uniforms are taken care of the night before.

5:45 am....All runners to be at OEHS.

6:00 am....Bus leaves for Topeka. **LATENESS WILL NOT BE TOLERATED. IF YOU ARE LATE, DON'T EXPECT TO RUN.** Being on time is being ready to run, and part of being a good teammate. Relax on the trip, but stay quiet and prepare to run. Get ready mentally! This is a tough meet! Every team in this meet is well coached and has good runners!

7:30 am.....Bus arrives at SNAC. Everyone helps set up the camp. This course has a lot of blind turns (remember to pick up your pace 10 steps after a blind turn). Walk the course and plan your race. **KNOW THE COURSE!!** Where will you be tough? Where will you do a pickup? Where will you kick home from?

8:30 am....Coaches meeting

9:00 am.....Varsity Girls Race 5k....20 medals...1st place plaque

9:40 am...Varsity Boys Race...5k...20 medals...1st place plaque

10:15 am.....JV Girls Race (all runners not in varsity race run here)...5k...10 medals

11:00 am.....JV Boys Race (all runners not in varsity race run here)...5k...10 medals

11:30 pm.....Awards Ceremony

12:00 pm.....Pizza feed at the course site after the awards and camp is picked and packed up! Thank the parents for bringing the pizza!! **Be SURE TO PICK UP TRASH!**

12:40 pm...Bus loads up and leaves for OEHS.

2:00 pm...Bus arrives at OEHS. Have a great weekend!