

Travel Itinerary for the Sunflower League Championships

Rim Rock Farms, Lawrence; Saturday, Oct. 13, 2018

6:00 am.....Locker rooms at OE open.
6:15 am.....All runners should be at OE.
6:30 am.....Buses leave for Rimrock Farm.
7:30 am.....Buses arrive at Rimrock Farm. Please help set up camp. Plan your restroom break. We will hand out numbers and do course walks.
8:40 am....Middle School Races, boys and girls combined....2000 m
9:00 am...Varsity Girls...5k....20 medals.....top 3 teams medal
9:30 am...Varsity Boys ...5k....20 medals.....top 3 teams medal
10:00 am....JV Girls.....5k....20 medals
10:35 am....JV Boys.....5k....20 medals
11:10 am.....C Team Girls5k....20 medals
11:45 am....C Team Boys.....5k....20 medals
12:15 pm...Varsity Awards Presentation. We will also hand out OE JV and C team medals at this time.
12:45 pm....Load Busses to return to East. You may leave with your parents but you need to help pack up.
2:00 pm....Busses arrive at Olathe East.

THERE WILL BE A SHORT, REQUIRED MEETING FOR ALL XC TEAM MEMBERS MONDAY AFTER SCHOOL IN THE COMMONS.

REGIONAL TEAMS WILL DRESS OUT FOR WORKOUT

Sunflower League Teams

Olathe East	Shawnee Mission Northwest
Olathe North	Shawnee Mission East
Olathe South	Shawnee Mission South
Olathe Northwest	Shawnee Mission North
Lawrence	Shawnee Mission East
Lawrence Free State	Gardner-Edgerton
Olathe West	