

# FMHS XC MEET SHEET

## Greenhill Relays 8/27

5:45 AM	Bus Departs FMHS
7:30 AM	Varsity Boys
7:35 AM	Varsity Girls
8:30 AM	Junior Varsity A Boys
8:35 AM	Junior Varsity A Girls
9:30 AM	Junior Varsity B Boys
9:35 AM	Junior Varsity B Girls

### Location

[Norbuck Park, Dallas](#)

### Meet Checklist

Uniform top and shorts, cover shorts, team shirt, bag, warm-up suit, spikes, extra socks, snack, sports drink or water

### Cross Country Routine

- 60 minutes before race use bathroom
- 45 minutes before race warmup and stretch
- 20 minutes before race put on spikes
- 15 minutes before race claim spot on the starting line
- 10 minutes before race perform drills

### Additional Meet Information

VARSDITY BOYS A-1	VARSDITY BOYS A-2	VARSDITY GIRLS A-1	VARSDITY GIRLS A-2
WIEDERKEHR	HUNTER	CLAYTON	HENRY
JENSEN	REDDING	BETTENCOURT	DEBOER
WILLIAMS	PITTNER	COLEMAN	HENDERSON
YATES	CHOE	BRAICH	WILSON

<b>JV BOYS A-1</b>	<b>JV BOYS A-2</b>	<b>JV GIRLS A-1</b>	<b>JV GIRLS A-2</b>
<b>SHAW</b>	<b>BUEMI</b>	<b>MURRAY</b>	<b>WONG</b>
<b>MAIER</b>	<b>BOYLE</b>	<b>LARSON</b>	<b>MCBAIN</b>
<b>BAKER</b>	<b>MESSETT</b>	<b>CHEVERTON E.</b>	<b>MOODY</b>
<b>BURAGLIO</b>	<b>PARKER</b>	<b>KOHUTEK</b>	<b>HALL</b>

<b>JV BOYS B-1</b>	<b>JV BOYS B-2</b>	<b>JV BOYS B-3</b>	<b>JV BOYS B-4</b>
<b>BENNETT</b>	<b>SIMMONS</b>	<b>FEINBERG</b>	
<b>PETRIE</b>	<b>LAMB</b>		
<b>MACIAS</b>	<b>MCGEE</b>		
<b>POTDAR</b>	<b>ABBOTT</b>		

<b>JV GIRLS B-1</b>	<b>JV GIRLS B-2</b>	<b>JV GIRLS B-3</b>	<b>JV GIRLS B-4</b>
<b>WINTERBURN</b>	<b>CHEVERTON A.</b>	<b>REBER</b>	<b>SIVAKUMAR</b>
<b>KANIERA</b>	<b>REECE</b>	<b>RAJADURAI</b>	<b>PALMA</b>
<b>HORNER</b>	<b>BRINKERHOFF</b>	<b>IMMANENI</b>	
<b>HOPKIN</b>	<b>LASKOWSKI</b>	<b>STAUDINGER</b>	