

***Nike South Invite***  
***Bear Branch Park, The Woodlands***  
***September 30-October 1***

**Departure:** Friday, 8:45 A.M. Flower Mound High School

**Return:** Saturday, Approximately 5:00-6:00 P.M.

**Accommodations:** Hotel: Home2 Suites  
223 David Vetter Blvd  
Shenandoah, TX 77385

**Meet Address:** Bear Branch Park  
5310 Research Forest Drive, The Woodlands, TX 77381

**Meals:** Must bring money for dinner on Friday and Lunch on Saturday.  
We will have box lunches on Friday for lunch and breakfast at the hotel on Saturday

**\*\*DRINK PLENTY OF WATER\*\***

**Travel Dress:** Team Shirts and school appropriate shorts or pants

**What To Bring:** uniform/sweats/spikes /bag/extra socks/toiletries/towel/post race clothes, cold weather gear, pillow for comfort on trip down

### COST AND OTHER POINTS

- Cost of the trip is \$75.00 per athlete. Please make the check out to FMHS Cross Country Booster Club and turn in to Coach Davidson.
- Athletes will need to bring money for their meals

Lunch Jason's Deli	Included
Woodlands Mall	\$10.00
Breakfast at Hotel	FREE
Fast food Lunch	\$7.50-10.00
- I hope everyone has fun, **BUT WE ARE TRAVELING TO DROP THE HAMMER!!!** This experience will provide us an opportunity to race against the best teams in the country.
- Absence from school will be excused

## ***Bear Branch Park, The Woodlands September 30-October 1***

### Friday

8:45 A.M.	Depart Flower Mound High School
11:00 A.M.	Rest stop in Richland for Lunch (Box Lunches)
2:00 P.M.	Workout at Bear Branch Park
3:00 P.M.	Check in at Hotel
6:00 P.M.	Depart for Dinner at The Woodlands Mall
10:00 P.M.	Room Check. Lights Out.

### Saturday

5:30 A.M.	Breakfast is open in the lobby
6:00 A.M.	Depart for Bear Branch Park
7:15 A.M.	<b>Elite Boys: Kennedy, Cole, Trezza, Wiederkehr, Jensen, Patel, Blad</b>
7:45 A.M.	<b>Elite Girls: Humphries S., Humphries, N., Fox, Spangher, Cole, Coberly</b>
8:45 A.M.	<b>Varsity Green Boys: Hunter, Williams, Pittner, Parker, Shaw, Redding, Buemi</b>
9:15 A.M.	<b>Varsity White Boys: Yates, Lyda, Maier, Potdar, Messett</b>
9:45 A.M.	<b>Varsity Red Girls: Clayton, Hirniak, Braich, Coleman, Bettencourt, Anderson, Hendrickson</b>
10:15 A.M.	<b>Varsity Green Girls: Henderson, Larson, Hall, Cheverton, Deboer, Wilson, Winterburn, Wong</b>
10:45 A.M.	<b>Varsity White Girls: Mcbain, Reece, Cheverton, Hopkin, Rajadurai, Moody</b>
11:30 A.M.	Depart for Flower Mound
12:30 P.M.	Eat fast food in the Woodlands TBD
5:30 P.M.	Approximate return time to Flower Mound

ROOM 1	ROOM 2	ROOM 3	ROOM 4
COBERLY	BETTENCOURT	SPANGHER	HOPKIN
HUMPHRIES S.	REECE	COLE	MCBAIN
HUMPHRIES N.	HENDRICKSON	FOX	RAJADURAI
CLAYTON	COLEMAN	HOOLEY	

ROOM 5	ROOM 6	ROOM 7	ROOM 8
WILSON	CHEVERTON A.	BRAICH	HALL
HIRNIAK	CHEVERTON E.	HENDERSON	LARSON
ANDERSON	WONG	WINTERBURN	MURRAY
DEBOER		MOODY	SIVAKUMAR

ROOM 9	ROOM 10	ROOM 11	ROOM 12
MAIER	LYDA	KENNEDY	BLAD
REDDING	BUEMI	TREZZA	PATEL
PARKER	SHAW	COLE	HUNTER
	PITTNER		YATES

ROOM 13	ROOM 14	ROOM 15	ROOM 16
WIEDERKERH	MALCOLM AP	COOK A.	HORSTMAYER
WILLIAMS		COOK M.	MILLES
JENSEN			
MESSETT			

ROOM 17	ROOM 18		
DAVIDSON	BUS DRIVER		