

FMHS XC MEET SHEET

KELLER INVITATIONAL 9/20

Schedule

Depart FMHS @ 7:00 A.M.

Rolling start beginning at 8:00 AM.

5A-6A Varsity Girls

4A and under Varsity Girls

5A-6A Varsity Boys

4A and under Varsity Boys

5A-6A JV Girls

5A-6A JV Boys

4A and under JV Girls

4A and under JV Boys

Middle School 3200

Location

Race Site: Indian Springs Middle School

305 Bursey Road

Keller, Texas 76248

Meet Checklist

Uniform top and shorts, cover shorts, MANDATORY 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 warm up 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

***All athletes participating in this meet will run in the junior varsity division**

DROP THE HAMMER!!!