**Pole Green XC Invitational**

**Sept 9th-10th, 2022**

**Friday, September 9th, 2022**

2:30pm: short practice at school. 2:30pm – 3:15pm. Go home shower, grab travel bag and favorite breakfast foods.

**4:30pm:** Leave Patriot H.S. from Door 20

6:30pm: Travel to hotel –Holiday Inn Express (7441 Bell Creek Road, Mechanicsville, Virginia 23111). Check into rooms. Hotel free breakfast.

Food ordered to hotel. Meet in lobby at 6:45pm to eat.

Team meeting in lobby breakfast area at 8pm

Lights out by 10pm!

**Saturday, September 10th, 2022**

6:00am – shake out, breakfast

7:00am – leave hotel to head to Pole Green Park

8:30am - Championship Girls - 10 runners per team max

9:00am - Championships Boys - 10 runners per team max

9:30am - Varsity B Girls - 10 runners per team max

10:00am - Varsity B Boys - 10 runners per team max

10:30am - JV Girls - unlimited

11:10am - JV Boys - unlimited

12:25pm – Leave Pole Green Park and go get food.

1:25pm - Head to King’s Dominion Park

6:30pm – Leave park, eat and head home

9:00pm – arrive at Patriot High School

**Make sure to pack:**

* Running shoes
* Racing shoes, xc spikes (bring both if you have them)
* Uniform (shirt, shorts and jersey)
* Clothes for Friday/ Saturday (plenty of socks)
* Personal hygiene items: toothbrush, toothpaste, deodorant, brush, feminine products, etc.
* Your pillow – sometimes hotel pillows make it hard to sleep if it isn’t like the one you have at home. Also good to have for a nap on the bus.
* Water bottle, snacks (please don’t bring a lot of junk food)
* Photocopy any pages you have to read for homework so you don’t have to lug around text books.
* Bring your itinerary.
* Food money (Friday dinner paid for, hotel has free breakfast – if sensitive stomach recommends bringing from home what you like to eat before racing.)