KSHSAA 6A Regional
October 26th, 2024

Prerace Dinner: Oct 25th, 5pm. The Troutmans. 17041 Stearns St. Overland Park, KS 66221 Carpool. Park on the street. **Be Respectful.**

Uniforms:

Varsity: Gold jersey, Black Shorts, wear warm up jacket/pants on bus. See meet prep checklist for all the required gear. **Be Acccountable.**

JV/C Team Supporters: Yellow team shirt. BV gear. signs. flags, face paint, cow bells

Departure: See the timeline for details.

Bus 1: Varsity runners, managers, Coach Moenster/Davis
Bus 2: JV/C team supporters, Coach Randall

Teams: SMS, SME, SMN, SMW, BVW, BVN, Wyandotte

Races: Varsity girls and varsity boys. Note, there are two regionals that day. There will be other teams and races going on between our races.

9:35: Girls Varsity. Box 7.
10:45: Boys Varsity. Box 7.

Scoring and medals: Traditional scoring. Top 2 teams trophy. Top 3 teams advance to state. Top 15 runners medal and advance to state.

Return: See the timeline for details. All runners will return on the bus. Those requiring excusal for another event must get approval from the head coach and be signed out by parents. **Be Committed.**

Directions/Parking/Course Map/Entries/Splits/Results: See www.bvhsxc.com for full meet details and results.

Equipment and Duties: See equipment and duties checklist on the next page.

Team Principle of the Day: Compete—Race to win or improve. Every race is a 100% effort. Every place from first to last matters. Execute the race plan and never give up.

Mental Training of the Day: Trust your fitness. Race or Pace? Put it all together by using your favorite technique: visualization, breathing, what could go wrong, etc. Run for your team!

Guideline Reminders:

-All runners ride the bus to/from event.
-Requests to leave early are an exception and must be approved before the event. Runner must sign out.
-Wear uniform, jacket, and pants onto the bus. Know your uniform numbers.
- Be Excellent

Time	Regionals	Notes
Preliminaries		
6:50 AM	**Coaches/Managers arrive at BVSH**	Prep equipment
6:55 AM	**JV/C Team arrive at BVHS**	Get equipment loaded on bus
7:00 AM	**Varsity arrives at BVHS**	
7:10 AM	**Bus departs BVHS**	Sign in
7:30 AM	**Bus arrives at JCCC**	See duties roster for set up
7:45 AM	**Team meeting/course walk**	
8:00 AM	**Coaches Meeting**	
Girls Varsity		
8:40 AM	Race meeting	Coach Moenster
8:45 AM	Standard warm up	10-12 min run
9:05 AM	Dynamic warn up	Near tent
9:15 AM	Speed warm up	Report to start, spikes on
9:25 AM	Build ups	3-5 x strides. End at RP
9:35 AM	**Girls Varsity Race Start**	Box 7
9:55 AM	Cooldown	Begins 5 mins after race
Boys Varsity		
9:50 AM	Race meeting	Coach Randall
9:55 AM	Standard warm up	10-12 min run
10:15 AM	Dynamic warn up	Near tent
10:25 AM	Speed warm up	Report to start, spikes on
10:35 AM	Build ups	3-5 x strides. End at Race Pace
10:45 AM	**Boys Varsity Race Start**	Box 7
11:05 AM	Cooldown	Begins 5 mins after race
Post-Race		
11:30 AM	**Awards Ceremony**	
12:00 PM	**Bus departs**	estimated time, sign in
12:30 PM	**Bus arrives at BVHS**	estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Coach Randall	Direct effort
	Tent + Stakes + Sides	Aiden/Roshan	2 tents/sides
	Tarps	Matthew	2 tarps
	Tables (3)	Gabriel/Finn/Santi	
	Team Bench	MJ/Lincoln	
	Box	Sai	
	First Aid	Joe	
	Laundry	Andrea	
	Water jugs (2)	Mckinzie/Joe	
	Water bottle (3)	Ana/Lia	
	Flag/Flags	Henry	
	Split sheets/pens	Coach Moenster	
	Stop watches (7)	Coach Moenster	
	Clipboards (7)	Coach Moenster	
	Measuring Wheel	Coach Moenster	
	Whiteboard	Coach Moenster	
	Attendance Sheets	Coach Johnson	Sign in at bus
	Cow Bells	EVERYONE	

Duty	Tigers
1 mile split	Mckinzie/William
2 mile split	Ana/Andrew
3 mile split	Ana/Andrew
Finish line help	Elsie
Tent/Warm Ups	Coach Johnson
Tent Set Up	JV/C Team
Tent Take Down	JV/C Team