Greg Wilson Classic
September 6th, 2025

Prerace Dinner: September 4th after practice at the Wangs. 4141 W 147th Ter, Leawood, KS. https://maps.app.goo.gl/qLqux25XTsvbXnVp7 **Be Respectful.**

Uniforms:

Varsity: Black jersey, Black Shorts
JV/C Team: Black jersey, Black Shorts.
All: Wear your 2025 black team t-shirt, warm up jacket/pants and uniform onto the bus. See your meet prep checklist for all the required gear. **Be Accountable.**

Departure: See the timeline for details.

Bus 1: JV/Varsity plus full girls team—Coach Moenster
Bus 2: C Team boys—Coach Davis

Teams: BV, BVN, BVNW, BVW, De Soto, Mill Valley, Olathe West, Pembroke Hill, Shawnee Mission West, Spring Hill, St. Thomas Aquinas (host)

Races: Girls Varsity-8:00am, Boys Varsity 8:30am, Girls JV/C 9:00am, Boys JV/C 9:45am. See meet timing sheet for details.

Scoring and medals: Traditional scoring. Top 5 score, 6-7 displace. Trophy for winning teams. Medals for top 20 in each race.

Return: See the timeline for details. Do not leave the meet early. Runners may ride home with parents after the award ceremony but must be signed out with Coach Johnson. Those requiring excusal for another event requiring an early departure must get approval from Coach Johnson 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: Managers will prep the equipment the day prior. See equipment and duties checklist on the next page.

Team Principle of the Day: Sportsmanship—Show your class by observing common sporting courtesies to everyone. Your teammates and competition are there to drive you to be better. You cannot succeed without them, and they need you as well. Treat them as partners in the endeavor.

Mental Training of the Day: Visualization; What could go wrong?

Guideline Reminders:

-All runners attend whether you are racing or not.
-All runners ride the bus to event and stay until the meet is over.
-Requests to leave early are an exception and must be approved. Runner must sign out.
-Wear uniform, jacket, and pants onto the bus. Know your uniform numbers.
- Be Excellent

Time	Greg Wilson Classic at JCCC	Notes
Preliminaries		
5:45 AM	**Runners arrive at BVHS**	Get equipment to bus
6:00 AM	**Bus departs from BVHS**	
6:30 AM	**Bus arrives at JCC**	See duties roster for set up
6:50 AM	**Team meeting/course walk**	
7:30 AM	**Coaches Meeting at Start Line**	All Coaches
Girls Varsity		
7:00 AM	Race meeting	Coach Moenster
7:05 AM	Speed warm up	MDWU, LS, SM
7:20 AM	Running warm up	10 min easy + 2 min medium
7:35 AM	Final instructions / Spikes on	Coach Moenster
7:40 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
8:00 AM	**Girls Varsity Race Start**	
8:25 AM	Cooldown--EXTENDED 20-30 min	Begins 5 mins after race
Boys Varsity		
7:00 AM	Race meeting w/Girls Varsity	Coach Moenster
7:35 AM	Speed warm up	MDWU, LS, SM
7:50 AM	Running warm up	10 min easy + 2 min medium
8:05 AM	Final instructions / Spikes on	Coach Johnson
8:10 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
8:30 AM	**Boys Varsity Race Start**	
9:25 AM	Cooldown--EXTENDED 20-30 min	Begins 5 mins after race
Girls JV/C		
8:00 AM	Race meeting	Coach Johnson
8:05 AM	Speed warm up	MDWU, LS, SM
8:20 AM	Running warm up	10 min easy + 2 min medium
8:35 AM	Final instructions / Spikes on	Coach Moenster
8:40 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:00 AM	**Girls JV/C Race Start**	
9:30 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys JV/C		
8:45 AM	Race meeting	Coach Johnson
8:50 AM	Speed warm up	MDWU, LS, SM
9:05 AM	Running warm up	10 min easy + 2 min medium
9:20 AM	Final instructions / Spikes on	Coach Moenster
9:25 AM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:45 AM	**Boys JV/C Race Start**	
10:15 AM	Cooldown--Normal 15 min	Begins 5 mins after race
Post-Race		
10:30 AM	**Awards ceremony**	Team trophy, Top 20 runners
11:00 AM	**Bus departs from event**	Estimated time, sign inn at bus
11:30 AM	**Bus arrives at BVHS**	Estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Tyler Lawson	Direct effort
	Tent + Stakes + Sides	Hud/Tom/Knox	Both tents
	Tarps	Mark	
	Tables (3)	Will/Matt/Nate	
	Team Bench	Knox	
	Box	Kylie	
	First Aid	Cohen	
	Laundry Bags (V/JV/C)	Austin	
	Water jugs (2)	Ana/Leen	
	Water bottle (3 sets)	Ana/Leen	
	Ice	Ana/Leen	
	Flags	Penelope/Jaya	
	Split sheets/pens	Ana	
	Stop watches (7)	Coach Moenster	
	Clipboards (7)	Coach Moenster	Tyler print
	Measuring Wheel	Coach Moenster	
	Whiteboard	Coach Moenster	
	Attendance Sheets	Coach Johnson	Sign in at bus

Duty	Tigers
1 mile split	Ana / C Davis
2 mile split	Tyler / Leen
3 mile split	Ana / C Davis
Finish line help	Tyler / Leen
Tent/Warm Ups	Coach Johnson
Photo/Video	Boosters
Social Media	Shannon
Tent Set Up	JV/C
Tent Take Down	Varsity