Eastern Kansas League Championship
October 16th, 2025

Prerace Dinner: Oct 15th, 5:30pm, The McCarthys. 5004 W 149th St, Overland Park, KS **Be Respectful.**

Uniforms:

Varsity: Bumblebees
JV/C Team: Black Tiger Stripe
All: Black team t-shirts. No warm ups unless you want. It's too warm for warm ups. **Be Accountable.**

Departure: See the timeline for details.

Bus 1: Varsity/All girls--Coach Johnson
Bus 2: JV/C boys—Coach Randall/Coach Davis

Races: JV/C combined. V 10 entries max. JV Girls 3:30; JV Boys 4:15; V Girls 5:00; V Boys 5:30. Box 8.

Scoring and medals: Traditional scoring. Top 12 varsity medals. Top 10 JV medals. Trophy for varsity boys and girls championship team.

Return: See the timeline for details. You can ride home with parents. Please do not leave early. **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: Attitude—Have a positive approach to the sport and your team. Expect adversity and persevere. Accept coaching.

Mental Training of the Day: Put it all together. Use a combination of the mental prep we've used all year: key words, power phrases, power pose, focusing breath (have a plan for when/where to use it), visualization (positive 80%, what could go wrong 20%)

Guideline Reminders:

-All runners attend whether you are racing or not. This is our last full team meet.
-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.
- Be Excellent

Time	EKL Championship	Notes
Preliminaries		
1:00 PM	**Leave Class**	Change QUICKLY, load bus
1:30 PM	**Bus departs**	Bus 1 V/All girls ; Bus 2 JV/C
2:00 PM	**Arrive JCCC**	Team camp set up
2:15 PM	**Course walk**	Coach Moenster
JV/C Girls		
2:30 PM	Race meeting	Coach Moenster
2:35 PM	Speed warm up	MDWU, Fence, SM
2:50 PM	Running warm up	6-10 min easy + 2 min medium
3:10 PM	Final instructions / Spikes on	Coach Johnson
3:15 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
3:30 PM	**Girls JV/C Race Starts**	
4:00 PM	Cooldown--Normal 15 min	Begins 5 mins after race
JV /C Boys		
2;45 PM	Race meeting	Coach Moenster
3:20 PM	Speed warm up	MDWU, Fence, SM
3:35 PM	Running warm up	6-10 min easy + 2 min medium
3:55 PM	Final instructions / Spikes on	Coach Moenster
4:00 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
4:15 PM	**Boys JV/ C Team Race Start**	
4:45 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Varsity Girls		
3:00 PM	Race meeting	Coach Moenster
4:05 PM	Speed warm up	MDWU, Fence, SM
4:20 PM	Running warm up	6-10 min easy + 2 min medium
4:40 PM	Final instructions / Spikes on	Coach Johnson
4:45 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
5:00 PM	**Girls Varsity Race Start**	
5:30 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Varsity Boys		
3:00 PM	Race meeting w/Girls Varsity	Coach Moenster
4:35 PM	Speed warm up	MDWU, Fence, SM
4:50 PM	Running warm up	6-10 min easy + 2 min medium
5:10 PM	Final instructions / Spikes on	Coach Moenster
5:15 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
5:30 PM	**Boys Varsity Race Start**	
6:00 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Post-Race		
6:15 PM	**Awards ceremony after each race**	Top 25 runners, Top 3 V teams
6:40 PM	**Bus departs JCCC**	Estimated time, sign in at bus
7:00 PM	**Bus arrives BVJS**	Estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Coach Randall	
	1 Tent + Stakes + Sides	Captains	Two tents
	Tarps	Captains	
	Tables (2)	Captains	
	Team Benches (2)	Captains	
	Box	Captains	
	First Aid	Captains	
	Flags	Captains	
	Laundry Bags (V/JV/C)	Captains	
	Water jugs (1) w/ice	Managers	
	Water bottle (3 sets)	Managers	
	Split sheets/pens	Managers	
	Stop watches (7)	Coach Moenster	
	Clipboards (7)	Coach Moenster	
	Measuring Wheel	Coach Moenster	
	Whiteboard	Coach Moenster	
	Attendance Sheets	Coach Johnson	Sign in at bus

Duty	Tigers
1 mile split	Tyler/Lexie
2 mile split	Brook/Jaya/Landon
3 mile split	Tyler/Lexie
Start/Finish help	Brook/Jaya/Landon
Tent/Warm Ups	Coach Johnson
Photo/Video	Boosters
Social Media	Shannon
Tent Set Up	Varsity
Tent Take Down	JV/C