Canis Lupus Cup at BVSW
September 23rd, 2026

Postrace Dinner: XC tailgate/senior night on Friday. **Be Respectful.**

Uniforms:

C Team: Black jersey, Black Shorts.
All: Wear your 20256team 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. There is one bus.

Teams: Blue Valley Southwest, Blue Valley West, Blue Valley North, Olathe South, Olathe West, Leavenworth, St. James Academy, Gardner-Edgerton, Shawnee Mission South, Shawnee Mission North, Chesterton Academy.

Races: 4:00 Girls race. 4:40 Boys race. 5:20 Awards.

Scoring and medals: Traditional scoring. Top team trophy and top ten runners medals.

Return: See the timeline for details. Runners may depart with parents. 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: Advanced visualization. What could go wrong analysis.

Guideline Reminders:

-Only racers will attend and ride the bus. All other runners may self -drive to the event AFTER practice.
-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	BVSW Canis Lupus Cup	Notes
Preliminaries		
1:30 PM	**Depart class**	Get equipment to bus
1:45 PM	**Bus departs from BVHS**	Sign in
2:00 PM	**Bus arrives at BVSW**	See duties roster for set up
2:30 PM	**Team meeting/course walk**	
Girls Race		
3:00 PM	Race meeting	Coach Moenster
3:05 PM	Speed warm up	MDWU, Fence, SM
3:20 PM	Running warm up	6-10 min easy + 2 min medium
3:40 PM	Final instructions / Spikes on	Coach Johnson
3:45 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
4:00 PM	**Girls Race Start**	
4:30 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys Race		
3:40 PM	Race meeting	Coach Moenster
3:45 PM	Speed warm up	MDWU, Fence, SM
4:00 PM	Running warm up	6-10 min easy + 2 min medium
4:20 PM	Final instructions / Spikes on	Coach Johnson
4:25 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
4:40 PM	**Boys Race Start**	
5:10 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Post-Race		
5:30 PM	**Awards ceremony**	
5:50 PM	**Bus departs from event**	Estimated time, sign in
6:10 PM	**Bus arrives at BVHS**	Estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Randall	Direct effort
	The Tank	Cameron	Check contents
	Stop watches		
	Spikes		
	Pins		
	Twisties		
	Scissors		
	Clipboards		Split sheets inside
	Tent stakes		Large and small
	Hammers (2)		
	Trash bags		
	Cord		
	First aid		
	Rollers		
	Battle Wagon 1 (Large)	Charlie	
	Tables (2)		
	Tarps (2)		
	Laundry bins (6)		GV, GJV, GC, BV, BJV, BC
	Trash (1)		Green laundry bin
	Team banners (2)		
	BVXC flags (2)		
	Measuring wheel		
	Cow bells		
	Battle Wagon 2	Lexi	
	Tent sides (up to 12)		6 per tent (if needed)
	Team benches (3)		Benches 2x8, 1x6
	Battle Wagon 3	Brad	
	Water jug		Fill 1/3 ice, 2/3 water
	Water bottles (4 sets)		Fill all water
	Hand truck 1 (new)	Noah	Ratchet straps
	Tent 1 (new)	Matthew	Handle with care
			Only one tent!

Duty	Tigers
1 mile split	Brad
2 mile split	Charlie
3 mile split	Brad
Start/Finish	Lexie
Photo/Video	All
Social Media	All
Tent Set Up	Boys
Tent Take Down	Girls