Olathe Twilight
September 12th, 2026

Prerace Dinner: September 9th. 5:30pm at the Wangs. See ParentSquare event for details. **Be Respectful.**

Additional meet info: This meet has unique logistics. Read the details here:
https://www.olathenorthrunning.com/more/home-meet-info/olathe-twilight

Parking: $10 per car. Cash exact amount only. No change returned. Expect 20 min wait to get into parking.

Uniforms:

Varsity: Championship singlet, Black Shorts. Team t-shirt. Warm up tops/bottoms.
JV/C Team: Black singlet, Black Shorts. Team t-shirt. Warm up tops/bottoms.

Departure: See the timeline for details.

Van: Coach Johnson: C Team
Bus 1 and 2: Coach Moenster/Randall/Hoit: JV and Varsity
Parents Drive: Varsity ONLY have the option to ride with parents and arrive 1:45 pior to race. Must fill out the travel survey and have coach permission.

Teams: Over 50 teams from five states. See teams here.

Races: Girls C: 5:10; Boys C: 5:50; Girls JV Red 7:25pm; Boys JV Red 7:55pm; Girls Varsity Red 9:15pm; Boy Varsity Red 9:40pm. Varsity awards immediately following the last race.

Scoring and medals: Traditional scoring with the Blue and Red heats combined for team places. Top 5 score, 6-7 displace. Trophy for top two teams. Medals for top 20 in each race.

Return: See the timeline for details. Runners may ride home with parents after the award ceremony but must be signed out with Coach Johnson. If you need to leave early for another event, get approval from a coach PRIOR to the meet and be sure to sign out upon departure. **Be Committed.**

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

Equipment and Duties: Managers will prep the equipment the day prior. See equipment and duties checklist.

Team Principle of the Day: Discipline—Do all the little things and do them right. Warm up and cool down correctly. Execute the workouts and races according to the plan. Refuel and hydrate. Get sleep. Be mentally prepared and tough enough to meet challenges. Do you have a process? Does it help you simplify?

Mental Training of the Day: Focusing breath; Visualization.

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.
-Know your uniform numbers. Label your team shirt.
- Be Excellent

Time	Olathe Twilight	Notes
Preliminaries		
3:15 PM	**C arrives BVHS**	
3:20 PM	**C depart BVHS**	Van: Coach Johnson
3:45 PM	**C arrives ODAC**	Chips to C team runners
4:00 PM	**C meeting/chips/course walk**	Coach Johnson
5:00 PM	**JV/V Arrive BVHS**	All equipment loaded
5:15 PM	**JV/V Depart BVHS**	Buses: Moenster/Randall/Hoit
5:40 PM	**JV/V Arrive ODAC**	Set up headquarters
6:00 PM	**JV/V meeting/chips/course walk**	Coach Randall/MoensterHoit
7:30/8:10	**Optional Varsity arrive w/parents**	Option to ride with parents
Girls C 3k		
4:10 PM	Race meeting	Coach Johnson
4:15 PM	Speed warm up	MDWU, Fence, SM
4:30 PM	Running warm up	6-10 min easy + 2 min medium
4:50 PM	Final instructions / Spikes on	Coach Johnson
4:55 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
5:10 PM	**Girls C 3k Race Start**	
5:40 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys C 3k		
4:50 PM	Race meeting	Coach Johnson
5:00 PM	Speed warm up	MDWU, Fence, SM
5:10 PM	Running warm up	6-10 min easy + 2 min medium
5:30 PM	Final instructions / Spikes on	Coach Johnson
5:35 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
5:50 PM	**Boys C 3k Race Start**	
6:30 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Girls JV Red		
6:25 PM	Race meeting	Coach Randall
6:35 PM	Speed warm up	MDWU, Fence, SM
6:45 PM	Running warm up	6-10 min easy + 2 min medium
7:05 PM	Final instructions / Spikes on	Coach Johnson
7:10 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
7:25 PM	**Girls JV Blue Race Start**	
7:55 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys JV Red		
6:55 PM	Race meeting	Coach Randall
7:05 PM	Speed warm up	MDWU, Fence, SM
7:15 PM	Running warm up	6-10 min easy + 2 min medium
7:35 PM	Final instructions / Spikes on	Coach Moenster
7:40 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
7:55 PM	**Boys JV Red Race Start**	
8:25 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Girls Varsity Red		
8:15 PM	Race meeting	Coach Moenster
8:25 PM	Speed warm up	MDWU, Fence, SM
8:35 PM	Running warm up	6-10 min easy + 2 min medium
8:55 PM	Final instructions / Spikes on	Coach Johnson
9:00 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:15 PM	**Girls Varsity Red Race Start**	
9:45 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Boys Varsity Red		
8:15 PM	Race meeting w/Girls Varsity	Coach Moenster
8:50 PM	Speed warm up	MDWU, Fence, SM
9:00 PM	Running warm up	6-10 min easy + 2 min medium
9:20 PM	Final instructions / Spikes on	Coach Moenster
9:25 PM	Dynamic, Agilities, Strides at start line	30 sec then 80/90/RP
9:40 PM	**Boys Varsity Red Race Start**	
10:05 PM	Cooldown--Normal 15 min	Begins 5 mins after race
Post-Race		
10:10 PM	**Awards ceremony**	Team top 2, Top 20 runners
10:45 PM	**Bus departs from event**	Estimated time
11:15 PM	**Bus arrives at BVHS**	Estimated time

Checked	Equipment	Tigers	Notes
	Equipment Lead	Randall	Direct effort
	The Tank	Hoit	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)	Lincoln/Henry	Ratchet straps
	Tent 1 (new)		Handle with care
	Hand truck 2 (old)	Walter/Kamron	Ratchet straps
	Tent 2 (old)		Handle with care

Duty	Tigers
1 mile split	
2 mile split	
3 mile split	
Finish line help	
Photo/Video	
Social Media	
Tent Set Up	
Tent Take Down	