

Albany Meet
Wednesday, October 2nd
Albany Golf Club

Where: Albany Golf Club
1005 N. 3rd St.
Albany, TX 76430

Course: mowed grass w/slight elevation

Out of Class: 11:45 A.M.

Departure: 12:05 P.M. Seymour HS

Return: 6:30 P.M. Seymour HS

Race Format:

- 2:30 P.M. VB & JVB
- VG & JVG
- JHB
- JHG

What to Bring:

- **WINNING ATTITUDE**
- Backpack
- Uniform
- Team T-Shirt
- Training Flats
- Racing Spikes
- Sunscreen

Race Day Protocol:

- Load tents, tarps, coolers, snack bin, med kit, tool box
- Upon arrival, unload equipment and find a place to camp
- 10 minute bathroom break
- Camp meeting to get racing bibs, pins, course map
- Walk & jog the course

Pre-Race Protocol:

- Strip down to race uniform
- Change from training flats to RACING SPIKES
- Check to make sure you've attached bibs, double knot shoelaces
- Proceed to starting line
- Dynamic warm-up
- 4x60m accelerations
- Last acceleration we meet out away from starting line for pep talk & prayer

Post-Race Protocol:

- Find Coach Hunt and Coach Toney as soon as the race ends – I'll be around the finish chute
- Race debriefing with Coach Hunt and Coach Toney
- Walk back to camp to remove bib and pins from uniform
- Team cool-down (15 minutes)
- Pack-up tent and equipment, head back home
- Lunch provided by Seymour ISD – We will stop at the convience store in Albany. Bring \$\$