

Guthrie Invitational  
Guthrie High School  
September 12, 2019

Where: Guthrie High School  
301 Jaguar Lane  
Guthrie, TX 79236

Course: dirt, grass, and pavement

Depart: 6:30 A.M.

Race Format:

- 9:00 A.M. HS Girls (2 miles)
- 9:30 A.M. HS Boys(3 miles)
- 10:30A.M. JH Girls (2 miles)
- 11:00 A.M. JH Boys (2 miles)

What to Bring:

- **WINNING ATTITUDE**
- Backpack
- Uniform
- Team T-Shirt
- Training Flats
- Racing Spikes
- Sunscreen
- Spending \$\$ for meet shirt, etc.

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 Hardin and Coach Hunt as soon as the race ends – We will be around the finish chute
- Race debriefing with Coach Hardin & Coach Hunt
- Walk back to camp to remove bib and pins from uniform
- Team cool-down (15 minutes)
- Pack-up tent and equipment, load the bus
- Seymour ISD is purchasing meal deals that we will eat on the way back to Seymour