

Seymour Invitational
@ Seymour HS, Seymour, TX
September 7, 2019

Where: Seymour High School
500
Seymour, TX 76380

Course: mostly paved, fast

Arrive: 7:00 A.M. Seymour HS

Depart: After Cleanup

Race Format:

- 8:00 A.M. Varsity Boys (3 miles)
- Varsity Girls (2 miles)
- JV Boys (3 miles)
- JV Girls (2 miles)
- JH Boys (2 miles)
- JH Girls (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 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, load in the back of Coach Toney's truck