

**McKinney Boyd XC Invitational**  
Saturday, September 12<sup>th</sup>, 2015

**Location:** Myers Park, McKinney  
7117 CR 166, McKinney Tx 75071

**Directions :**From Boyd, travel north on Lake Forest. Stay on Lake Forest (FM 1461) until you reach a hard left curve. Turn right on CR 166. The park will be on your left.

**There will be no bus to/from Boyd.** Parent should drop off and pick up athletes at Myers Park. All athletes should be at the park by 6:15 a.m. and plan on staying until all races are complete to help in breaking down and cleaning up the course.

**Schedule:**

7:45	Elite Boys (5K)
7:50	Elite Girls (5K)
8:15	Varsity Boys (5K)
8:20	Varsity Girls (5K)
8:50	Junior Varsity Boys (5K)
8:55	Junior Varsity Girls (5K)
10:00	Middle School Boys (2 miles)
10:35	Middle School Girls (2 miles)

**The Night Before the Meet:**

Eat a good meal. Do NOT eat spicy foods or foods that have a lot of dairy. Pasta is good, but avoid adding too much cheese and cream sauce. Hydrate!

**ATHLETES NEED TO EAT BREAKFAST!!!**

*It's best to eat at least 2-3 hours prior to race time. Both racing on an empty stomach and racing on a full stomach (eating too soon before a race) will have a negative effect on your race.*

- Eggs, juice and dairy are NOT a good idea before you race.
- Bagels (with or without peanut butter) toast, granola bars, bananas, dry cereal, pancakes, oatmeal etc. are all typically easy on the stomach.

**What to Bring:**

- Running Flats
- Race Spikes
- Extra Socks
- Uniform & team shirt
- Water Bottle – you can refill it at the meet
- Trash bag if it's muddy or raining
- School issued sweats if it's cold.

**At the Meet:**

Stay with your team captain. Before your race, you will do a warm-up with your team. After the race, immediately check in with your coach and give her/him your place number. Let your parents know that they will have an opportunity to talk to you, but you must report to your coach first.

**Go Broncos!!**