

Demon Cross Country - Troy Invitational

Saturday, September 16

11:00 a.m.

MEET GOAL: 4 Medalists (Top 25) Team Award(?)

- Meet Location is Troy Crossroad Elementary: Take 52 to route 80 West. Follow 80 West to 55 North. Take Route 59 (exit 251) to Shorewood/Plainfield. Follow 59 North for approximately 2 miles until you reach the destination on the right - corner of Black Rd. and 59. Refer to map for parking!
- 8:30 a.m. - Arrive/Attendance at MJHS.
- 8:45 a.m. - Depart for Troy - set-up tents when we arrive.
- 10:00 a.m. - Course Walk
- 11:00 a.m. - 6th Grade Girls 11:15 a.m. - 6th Grade Boys
- 11:30 a.m. - 7th Grade Girls 11:50 a.m. - 7th Grade Girls
- 12:30 p.m. - 8th Grade Girls 1:00 p.m. - 8th Grade Boys
- 1:30 p.m. - Awards
- 52 teams are participating! You will face conference and sectional rivals. There will be State Medalists competing. This will serve as a **Post-Season** preview.
- What to bring: Go-Bag, mental toughness, and a desire to do your best.
- 2:30 p.m. - Approximate return to MJHS

"I'm always nervous. If I wasn't nervous, it would be weird. I get the same feeling at all the big races. It's part of the routine, and I accept it. It means I'm there and I'm ready"

- Allyson Felix, Gold and Silver Olympic medalist

"Once you're beat mentally, you might as well not even go to the starting line."

- Todd Williams