

Cross Country 2017 Schedule

DATE	TEAM	MEET	LOCATION	TIME
Fri 9/29	ALL Divisions	Our Lady of the Holy Rosary Meet	Holy Rosary*	4 PM
Fri 10/6	ALL Divisions	49 th Musketeer Invitational	Holy Rosary*	4 PM
Sat 10/13	ALL Divisions	Our Lady of the Lakes Meet	Monsignor Edward Pace High School*	4 PM
Sat 10/21	ALL Divisions (Top 10 runners & open division)	ACC Championship**	Belen Jesuit*	2 PM

*EACH SCHOOL HAS A FEE FOR THEIR MEET

**ACC Championship (10/8): Entrance Fees (covering cost of awards) as follows: Adults- \$5, Child (spectator)- \$3, Participating athlete-free

*** Time subject to change

Locations:

Belen Jesuit	500 SW 127 Ave	Miami, FL	33184
Holy Rosary	9500 SW 184 St	Miami, FL	33157
Monsignor Edward Pace High School	15600 NW 32 Ave	Miami Gardens, FL	33054

PROPER HYDRATION & NUTRITION ARE VERY IMPORTANT FOR ALL RUNNERS!

Make sure to eat balanced meals and follow these tips:

- Drink plenty of water all week long but ESPECIALLY 1 & 2 days before race day
 - Stay away from dairy products on race day (no milk)
 - Load up on complex carbohydrates the dinner before race day
 - Do not drink carbonated drinks during the season

MAKE SURE YOU STRETCH ON OFF DAYS!