



Blue Valley Southwest Cross Country



KSHSAA State Championship (Wichita)

[\(Link to Meet\)](#)

Cost (per runner)

The school will take care of the hotel rooms, lunches & dinners. The hotel has breakfast covered. Runners only need to bring money to pay for a ticket to the Big 12 XC meet along with snacks on stops and State Meet t-shirts (if they want one).

Travel

We will take a school vans to the meet driven by the coaches. We will have 8 kids will go on the trip. We will stop in Lawrence on our way down to watch the Big 12 Cross Country meet along with a few restroom stops along the way.

Hotel

We will be staying at the Fairfield Inn & Suites. We will sleep 2 runners to a room. Runners will have assigned rooms. Breakfast will be provided by the hotel before heading off to the meet but may be limited on “hot” options. We will establish a gathering area in the lobby for dinner, meetings & before we check out.

[Fairfield Inn & Suites](#)

417 S Webb Rd, Wichita, KS 67207
(316) 685-3777

Meals

After the Big 12 XC Meet we will go to Yellow Sub on 23rd Street in Lawrence for Lunch Friday. Saturday evening, we will bring Oliver Garden in & eat in the Hotel. Saturday after the meet we will stop in Andover for Pizza at Gambino's. If you have any dietary restrictions, please let me know.



Schedule

Friday, October 30th

8:15am Arrive at BVSU, Load up the Vans
9:30am Arrive at Rim Rock Farm to watch Big 12 XC Meet
12:00pm Leave Rim Rock for Lunch then State XC Course
3:00pm Arrive at 4-mile Creek Resort (site of race). We will run our usual pre-meet workout. **Dress to run**
4:30pm-9:00pm Head back to the hotel, shower, dinner & hang out
9:00pm Meeting with coach (Lobby)
10:00pm All runners in their rooms
10:30pm Lights OUT! Respect those who wish to get rest.

Saturday, October 31st

7:00am Wake-up Call; head down to lobby for breakfast
8:20am Meet in front lobby to Check out and drive to course
10:05am Girls race (5k)
10:50am Abbreviated Awards Ceremony
12:00pm Lunch Break
1:00pm Head home
3:30pm E.T.A. Back at BVSU

Runners & Room assignments

Varsity Girls

Gigi Loffredo	Blake Holland	Eden Schwarz	Cara Mitchell
Maryam El-D.	Brinn Wilson	Lila Schwarz	Nicole Giam

Coach Ballew
Coach Buehler

