



# Blue Valley Southwest Cross Country



## JK Gold Invitational (August, KS)

([Link to Meet](#))

### Cost (per runner)

If your athlete is going on the trip with us, we will need \$15 for meal Friday Night. Parents can either Venmo the Southwest Project or pay coach Ballew

### Travel

We will take 3 school vans to the meet driven by the coaches. We will have 24 athletes will go on the trip (12 Boys & 12 Girls). We will stop in Emporia on our way down to grab a snack along with a few other restroom stops along the way. Athletes can travel back with their parents after the meet, but we encourage the team bonding experience that comes with riding the vans. They will need money for Lunch on the way back if they are returning on the Vans.

### Hotel

We will be staying at the Red Roof Inn. We will sleep 4 runners to a room. Runners will have assigned rooms. Breakfast will be provided by the hotel before heading off to the meet, but we may be limited on “hot” options. We will establish a gathering area in the lobby for dinner, meetings & before we check out.

#### **Hotel Address**

7335 E Kellogg Dr  
Wichita, KS 67207

#### **XC Course (Closest Address)**

13218 SW Tawakoni Rd  
Augusta, KS 67010

### Meals

We will eat lunch at the school before leaving. Friday evening, we will bring Oliver Garden in & eat at the Hotel. Breakfast will be provided at the hotel. Each athlete will need money for Lunch if they are returning with the team. Saturday after the meet we will stop in El Dorado for Braums. If you have any dietary restrictions, please let me know.



## Schedule

### **Friday, September 3<sup>rd</sup>**

12:30pm	Leave BVSU for Wichita. <b>Dress to run</b>
3:15pm	Arrive at 4-mile Creek Resort (site of race). We will run our usual pre-meet workout
5:00pm-8:00pm	Head to the hotel, Shower, TBA/Game, Dinner & Relax
8:00pm	Meeting with coach/team (Lobby)
9:00pm	All runners in their rooms
9:30pm	Lights OUT! Respect those who wish to get rest.

### **Saturday, September 4<sup>th</sup>**

5:45am	Wake-up Call Girls (V); head to lobby for breakfast
6:30am	Girls (V) Meet in front lobby to drive to course
6:30am	Wake-up Call Others; head to lobby for breakfast
7:20am	Others Meet in front lobby to drive to course
8:00am	Girls Varsity race (5k)
9:30am	Boys Varsity race (5k)
10:00am	Girls JV race (5k)
10:30am	Boys JV race (5k)
11:15am	Awards & Leave for Lunch
11:45am	Lunch Break – Braums (El Dorado)
12:45pm	Head home
3:30pm	E.T.A. Back at BVSU

### **Runners & Room assignments**

<b>Girls Room 1</b>	<b>Girls Room 2</b>	<b>Girls Room 3</b>
Izzy Ross	Avery Ferguson	Avery Brogan
Lila Schwarz	Anna Strickland	Cara Mitchell
Nicole Giam	Kenzie Wasinger	Ava Currier*
Maryam El-Demerdash	Addison Willcott	Stella Malinowski

<b>Boys Room 1</b>	<b>Boys Room 2</b>	<b>Boys Room 3</b>
Drew Dombrosky	Tommy Caul	Bailey Stanfield
Gabe McGee	Cooper Reeves	Canyon Buehler
Crew Buehler	Brenden Duncan	Drake Dombrosky
Micah Paschke	Nate Kaestner	Mitch Quijano

**Coaches on Trip:** Coach Ballew, Coach Buehler, Coach Shaw