



# Blue Valley Southwest Cross Country



## St. Olaf High School Showcase 2022 (Northfield, MN)

### Cost (per runner)

The school and booster club will take care of the hotel rooms and dinner Wednesday night. The hotel has breakfast covered. Runners only need to bring money for snacks on stops, lunch Wednesday & Thursday on the way back and/or meet t-shirts (if they want one).

### Travel

We will take two school vans to the meet. Driven by the coaches. We will have 14 kids will go on the trip. We will make a few restroom stops along the way.

### Hotel

We will be staying at Quality Inn Lakeville, MN. We will sleep 3-4 runners to a room. Runners will have assigned rooms. Breakfast that will be provided by the hotel before heading off to the meet. We will establish a gathering area in the lobby for dinner, meetings & before we check out.

### **Quality Inn - Lakeville**

17605 Kenrick Avenue, Lakeville, MN, 55044

### Meal plans for the Trip

We will stop in Des Moines at McAlister's Deli for lunch on Wednesday. Athletes will need to either bring money or pack their own lunch. Thursday night we will have Olive Garden catered in; paid by the Club/School (please let me know if you have dietary restrictions). Thursday morning breakfast will be provided by the hotel & we will stop for lunch on our way back



## Agenda

### **Wednesday, August 31<sup>st</sup>**

8:30am Depart from BVSU Athletic Lot (Dress to Run)  
11:30pm Stop for Lunch in Des Moines  
12:00pm Leave Des Moines for Northfield, MN  
3:15pm Arrive at St. Olaf College (site of race). We will run our usual pre-meet workout  
4:15-6:00pm Check into the hotel, shower & hang out  
6:00pm Dinner in the Hotel  
9:00pm Meeting in Lobby  
9:30pm Lights OUT! Respect those who wish to get rest.

### **Thursday, September 1<sup>st</sup>**

6:30am Wake-up Call; head down to lobby for breakfast  
7:30am Meet in front lobby to Check out and drive to course  
9:45am Varsity Girls race (5k)  
10:30am Varsity Boys race (5k)  
12:00pm Head home (For those traveling home with us, we will try to find a place to eat in Ames or Des Moines)  
7:00pm E.T.A. Back at BVSU

### **Runners & Race assignments**

#### **Varsity Boys**

Micah Paschke  
Tommy Caul  
Drake Dombrosky

Crew Buehler  
Canyon Buehler  
Liam Wreford  
Cooper Reeves

#### **Varsity Girls**

Izzy Ross  
Lila Schwarz  
Maryam El-Demerdash  
Alex Laurie

Avery Brogan  
Stella Malinowski  
Addison Willcott