

Itinerary for 8/27/16

Mud, Sweat, & Cheers Relay

Hosted by College Station High School

We will meet at the CCHS Field House to issue uniforms at 5:45am. The bus is leaving at 6:00am sharp.

Site: Top Tier Training Camp - (map and directions on back)
3101 FM 1362 South Caldwell, TX 77836

Course/Style: Schools will compete as 4 member relay teams with each athlete racing one 1.5 mile loop. Runners will charge over small obstacles such as log jumps, whoop-t-do's, and shallow mud pits. Races will be staggered so that all girls and boys will be on the course at once. It's very spectator friendly and presents many great photo opportunities.

Schedule:

- 7:30 am Packet Pickup**
- 8:30 am: Varsity Boys**
- 8:35 am: Varsity Girls**
- 9:30 am: JV Boys**
- 9:35 am: JV Girls**
- 10:30 am: AWARDS**

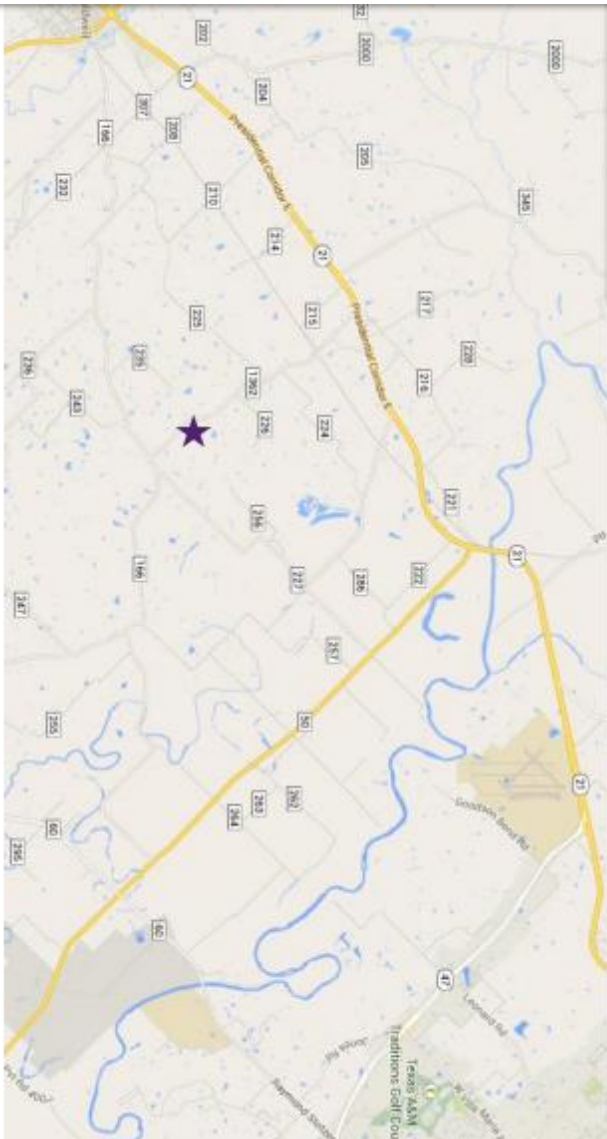
Awards:

Trophies will be presented to each member of the championship and runner-up teams.

ALL RUNNERS are expected to continue their workout after the race.

We will leave after awards and be back at the school at about 12:30pm. Please keep in mind that you may get dirty at this meet. Plan accordingly...maybe bring another pair of shorts/socks and a towel.

Top Tier Training Camp



Directions: From Bryan/College Station-Take Hwy 21 west about 10 miles to Cooks Point. Turn left on 1362 South. Go three miles and turn left at the Top Tier Training sign.
From Bostrap/Caldwell- Take Hwy 21 east through Caldwell about 8 miles To Cooks Point. Turn right on 1362 south. Go three miles and turn left at the Top Tier Training sign.

Directions from Cedar Creek:

Take Hwy 21 east through Caldwell, about 8 miles to Cooks Point. Turn right on 1362 south. Go 3 miles and turn left at the Top Tier Training sign.