

Itinerary for 9-12-2015

St. Andrews XC Invitational

Hosted By St. Andrew's Episcopal HS

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

Site: St. Andrew's Episcopal School
5901 Southwest Parkway, Austin, TX 78735
(map and directions on back)

Course: The course is run on the campus of St. Andrews Episcopal HS. The 5K course consists of a big loop and then a small loop. The 2 mile course is just the big loop.

Schedule:

6:00 – 7:20 AM	Course open for warm-up	
7:15 am	Coaches Meeting	
7:30 am:	5-6A Girls Varsity	5k
8:00 am:	5-6A Boys Varsity	5k
8:30 am:	1-4A Girls Varsity	2 miles
9:00 am:	1-4A Boys Varsity	5k
9:30 am:	JV Girls	2 miles
10:00 am:	JV Boys	5k

*Rolling starts, times will all be approximate.

Medals for top 15 finishers.
Awards for 1st and 2nd place teams.

We will leave after the JV Boys race and stop for lunch at a Subway or similar place. We will plan to be back at school at about 12:45pm.

793 Union Chapel Rd

Cedar Creek, TX 78612

- > Continue to TX-71 W
2 min (0.3 mi)
- > Follow TX-71 and US-290 W to W US Hwy 290 Service Rd in Austin. Take the exit toward Monterey Oaks Blvd/Industrial Oaks Blvd from US-290 W
24 min (23.7 mi)
- > Take Southwest Pkwy to your destination
5 min (1.8 mi)

5901 Southwest Pkwy

Austin, TX 78735

