

Nike Portland XC  
Saturday, September 25<sup>th</sup>  
Blue Lake Regional Park

Itinerary :

5:30 am Load Bus @ MV

5:45 am Depart for Blue Lake Regional Park

8:45 am Arrive at Blue Lake Regional Park

Race Schedule as follows:

9:30 am FR/SO Men's JV race

10:25 pm JR/SR Men's JV race

12:00 pm Varsity Men's Var race

12:20pm Novice JV race

1:00 pm Women's Var race

Cool down with teammates after each race.

2:15pm Leave Portland

6:30pm Arrive MVHS

What to Bring:

- Uniform
- Training/Racing Shoes should be a spike course
- Prerace food and fluids
- Gifts for Cougar Pals
- \$\$ for food for Late Lunch/Dinner