

Silver Falls Oktoberfest Invitational
Wednesday, September 15th
Silver Falls State Park

Itinerary :

11:45 pm Athletes excused from class

12:00 pm Load buses and depart for Silver Falls State Park

3:00 pm Arrive at Silver Falls State Park

3:15 pm Walk preview courses

Race Schedule as follows:

4:00 pm Women's JV 3.4K

4:30 pm Men's JV 3.4K

5:00 pm Women's Varsity 5K

5:40 pm Men's Varsity 5K

Cool down with teammates after each race.

6:30 Eat Dinner (pizza) on the ride home

9:30 Arrive at MVHS

What to Bring:

Uniform

Training/Racing Shoes

Prerace/Postrace food and fluids

Be sure to check in with your teachers Tuesday and check Canvas for work to do on the bus. Bring HW with you to work on while on the bus.