**Memorial Girls XC – Round Rock September 27-28, 2019**

**Join Remind 81010 @runsasonetr**

**Friday, September 27**

**7:30 am RR Travelers load luggage in dress room- may go to another 1st period let me know**

**7:50-11:40 am Attend 1st-4th (must attend class to go on trip)**

11:40 am Pick up sandwich and load luggage on bus

12:00 pm Depart for Round Rock

 Buccee’s Stop on the way (bring own $ for snacks if prefer)

3:30 pm Check into Marriott North Round Rock if rooms

2600 La Frontera Boulevard Round Rock TX 78631

4-4:30 pm Shake-out Run (have running/shoes clothes easy to get to in case rooms not ready)

5:40 pm Meet downstairs for pictures and to load bus for dinner

## 6:00 pm – Dinner at [**Romano's Macaroni Grill**](http://www.macaronigrill.com/locations/location?id=1703)

www.macaronigrill.com

[2501 S Interstate 35, Round Rock, TX 78664](https://www.bing.com/local?lid=YN873x2470395610329214019&id=YN873x2470395610329214019&q=Romano%27s+Macaroni+Grill&name=Romano%27s+Macaroni+Grill&cp=30.4857864379883%7e-97.6746597290039&ppois=30.4857864379883_-97.6746597290039_Romano%27s+Macaroni+Grill)

(512) 341-7979

8:30 pm - Team Meeting (Coaches Room)/ice-baths & strategy

9:30 pm - Lights out

**Saturday, September 29**

5:45 am- Rise & Shine (dress in uniform) & meet downstairs

6:00 am Breakfast- - Then Pack-up ALL gear & luggage (get chargers)- We are NOT returning to Hotel

6:30 am - Leave for Meet – Old Settlers Park (15 minute drive)

Spectator Info – ($5 parking- cash only)

7:35 am- All Jog 1st mile and Gold Group continue warm-up (Be at line by 8:15 am)

8:30 am- Gold Group Racing (BB, CG, BM)

9:00 am- Run 6A Girls Race (CP, AB, KL, SC, LW, MS, CN, AP)

9:50 am- Shake-out run ALL together study course

10:30 am- Load bus to go Eat lunch.

11:30 – 12:15 pm – Lunch Southside Market & BBQ 1212 Us-290, Elgin, TX 78621 (512) 281-4650

3:00 pm (approx.) Return to Houston & unload and clean bus

Bring all gear; prepared for any type of weather (spikes, uniform, blacks, rain-suit).

**Failure to follow these rules will result in calling parent for retrieval and/or greyhound at your expense.**

1. All athletes must ride the bus to/from (per SBISD policy unless special permission)
2. Wear team shirt and Varsity run pants on bus.
3. Bring a blanket and travel pillow for bus ride.
4. Reminder that always represent your family, MHS, and your team!