

Pre-Season Pirate XC Relays

Date: Saturday August 19

The Girls and Boys Cross-Country teams will be competing in this years Pre-Season Cross-Country Relay races at Mantanzas High School. This is a good opportunity for the athletes to work together as they prepare for the start of the competition season the following week. Parents are welcomed (\$5 per entrant on GoFan). The boys and the girls will appreciate seeing their Mustang Orange and Green support squad to cheer and challenge them.

The races are unusual in that it is set up with two and three person relay teams. Each relay squad will run a complete 5K, with 2 person teams running 2.5K each and 3 person teams running 1.03 miles each.

Night before: pack bag, snacks, water and Gatorade.

The team will carpool from Mandarin High School. Athletes should check in with Coach Schmitt at 2:45PM.

Course: Matanzas HS; 3535 Old Kings Rd. N; Palm Coast, FL 32137

Schedule: Evening Schedule/Carpool

3:00PM: Leave MHS (50-minute)

4:00PM: Arrive @ Matanzas

5:30PM: 2 Person Relays

6:45PM: 3 Person Relays

7:45PM: Leave Matanzas

TDB: Arrive MHS

Please remind your parents that you are to remain with the team/coach until you are dismissed from the meet. Athletes are expected to be in team camp with the team. Our team camp is designed to talk about race plans, relax prior to or after races, and to mentally prepare for upcoming events. While I understand that parents want to congratulate and “debrief” with their sons/daughters after their races, this should not be done until after the team is released. Much like you would not run onto a football field after a touchdown, I ask that you allow our team to focus on each other and on their post race routines. Please respect our team’s focus while we are at our meet. Athletes will be released to parents at the conclusion of our team meeting at the end of our meets.