

McQuaid Invitational

Who: Varsity
What: McQuaid Invite.
Where: Rochester, NY
When: Oct. 2 - Oct. 4
Why: ROLL ON!

Race Times

2:26 Girls Varsity "B"
3:58 Girls Varsity "A"

TRANSPORTATION

Rental vans will take the athletes from CHS to the meet and back.

DEPARTURE:
10:45 AM FROM CHS on Friday

RETURNING:
~7:00 PM TO CHS on Sunday

What Do I Need To Bring

Clothing: Prepare for ALL kinds of weather: uniform (shorts, jersey, warm-ups) bag, swim suit, overnight clothes and toiletries.

Money: \$300 – for help with lodging, van rental, and meals costs. Check payable to Centerville Girls Cross Country.

Food: Healthy snacks and water bottle

Goals: Have at least 1 goal you are mentally, physically, and emotionally ready to achieve.

Please Pay

I will likely REFUND some of the money used for the trip. The cost is now only \$200.

Thanks!

WEATHER

As of 10/2/15

Friday
53/44
Partly Cloudy/Wndy
NE 10-25 mph winds

Saturday
54/56
Cloudy/Windy
15-20 mph winds

Sunday
62/48
AM Clouds/PM Sun

Hotel Info.

Best Western Rochester Marketplace
940 Jefferson Road
Rochester, New York, 14623-3214
Phone: (585) 427-2700

Meet Information, Results & Directions

<http://www.mcquaidinvitational.com/>

Coach Dobson's
Cell Phone Number
(937) 902-9058

Please call if there is a question or concern.

Quote of the Week

"The human spirit is indomitable. No one can ever say you must not run faster than this or jump higher than that. There will never be a time when the human spirit will not be able to better existing records."

– Sir Roger Bannister

- Handle travel well
- Team Championship Finish
- Pack Time 1-7 < 1:25
- EXPERIENCE & LEARN

Goals

REMEMBER...

I need focus and total concentration for 2 hours on Friday and on Saturday. The rest of the time is to ENJOY!!!!