# Brookwood Youth XC

# Intra-Squad Meet

**When**: Saturday, August 14th

**Where**: Alexander Park
Gravel Loop

# Meet Schedule:

# 7:30 – Brookwood High School Boys Time Trial (5K)

# 8:00 – Brookwood High School Girls Time Trial (5K)

# ~8:15 – Youth Team Intra-Squad Meet (2 Miles)

# \*The youth race will immediately follow the HS Time Trials

**Who: All Youth Runners**

**When to Arrive:** Youth Runners should be at the park no later than 7:30 to warm-up and do drills. If you park in the newer section of the park (close to the dog parks) and walk toward the gravel loop, you’ll see the meeting area in the field. **Parents and athletes should stay off of the gravel loop while the high school teams are running.**

**What to Bring:** Wear comfortable running clothes, running shoes, and bring a water bottle. We’ll have donuts and drinks after the race for the runners.