

Trinity/Sacred Heart Invitational (Sat, September 20)

Race distance: 5k

Race location: EP Tom Sawyer Park

Entries are provided below.

Course map: http://alltraxtiming.homestead.com/TSawyer_5k.pdf

JV race (5k)

arrive by 8:00am

(race start 9:40am)

JV Team

Emma Baron	Stephanie Lydon
Bayley Brewer	Lacy Magre
Madison Browning	Madison Malloy
McKenzie Browning	Elliot Noe
Isabel Caddo	Molly O'Dea
Maddie Cardosi	Natalie Parrott
Cortney Crump	Gina Passanisi
Catherine DeMuth	Ally Priebe
Lauryn Grady	Julia Reibel
Katherine Harrod	Kaylee Sowers
Alyssa KK	Allie Thomas
Ally Korfhage	Emily Wiegel
Ella Kostecki	Halli Wilkinson
Jenna Kostecki	

Varsity race (5k)

arrive by 9:00am

(race start 11:00am)

Varsity Team

Sophie Beavin
Meghan Carrico
Sarah Crawford
Maggie Kaelin
Sydney Larkin
Lisi Spence
Abbie Wright

Freshman race (5k)

arrive by 9:30am

(race start 11:40pm)

Freshman Team

Melanie Duckworth
Rachel O'Bryan
Grace Schoettmer
Avery Snook
Sarah Whalen
Sabrina Yost

This meet is likely to be a very competitive meet in the JV and Varsity divisions. Carmel HS is a nationally ranked team from Indiana and they are scheduled to compete. We can also expect several other very strong out-of-state teams. Conditions on this course are generally very good and race times tend to be ***quite fast***. This is always dependent upon the weather, but the temperature is typically low-mid 70s and the ground is hard and dry. We will approach this race with the intention of running fast and we'll be working on our grouping.

The Freshman (only) race is a combined boys-girls race, but there are usually only 3-4 girls teams and maybe some girls running as individuals. That means the Freshman girls race won't be a very competitive situation, and definitely not a race that mirrors the JV and Varsity races. This race will be similar to what we experienced at Tiger Run and will provide an excellent opportunity for experience without the pressure of a hugely competitive race.

Last year, there was no parking fee, but they charged a \$5 admission fee at the gate for all spectators. The only entrance into the park would supposedly be at the point where the fitness paths converge by the parking lot.

Our goal is to always locate the tent by the corner of the fitness trail and Park sign, just up the sidewalk from the swimming pool complex. You can see this in the picture below.



Directions to EP Tom Sawyer (from Assumption):

1. Take I-264 (Watterson) east to the I-64
2. Take the I-64 east, toward Lexington
3. Take the I-265 (Gene Snyder) north – go under the Gene Snyder and curl around onto the Fwy
4. Exit the Gene Snyder at the Westport Road offramp
5. Turn right onto Westport Road (at the end of the offramp)
6. You'll drive under the Gene Snyder and past Springhurst
7. Turn left at the 1st light after Springhurst (Freys Hill Road – there's a Thornton's on your left)
8. Continue down Freys Hill Road, EP Tom Sawyer is on your right side
9. Relative to the main parking lot, we always try to set up our tent in the grassy area that's fairly close to the pool and alongside the jogging path.