

**The Jim Smith Invitational - Saturday 9/9/2023**

**At Sunken Meadow State Park - Arrive by 8:20am**

**\*However, if you arrive before 8am there is no State Park Fee**

**Coach Annmarie will be across from the finish line and will have a SJB Cougars Red Flag in our spot before 8:00am**

**\*Evangeline**

**9:30 Freshmen Girls 1.47 mile Race: W/U 8:45 – Spikes on 9:10 – To Start 9:15 (jog)**

<b>Webber</b>	<b>Marino</b>	<b>DeLegge</b>	<b>Spruyt</b>
12:48	12:54	12:08 PR	10:57 PR 20 <sup>th</sup> Place

**\*Annmarie**

**9:50 Freshmen Boys 1.47 mile Race: W/U 9:00 – Spikes on 9:20 – to “the tree” 9:25**

<b>Del Duca</b>	<b>Theisen</b>	<b>Valente</b>	<b>Mena</b>	<b>Murphy</b>	<b>Horn</b>	<b>Epp</b>
8:41 PR 5 <sup>th</sup> Place	10:05 PR	10:35 PR	10:58	11:52	11:12 PR	13:28

**\*after the girls pass, jog to the start line and do starts**

**\*\*Please remember you must Tell Coach Annmarie you are leaving before you go\*\***