Itinerary for Southlake 8/23/25

Bob Jones Park, Southlake

“Winners have simply formed the habit of doing things losers don’t like to do.” Albert Gray

5:10 am Meet at field house Byron Nelson High School, load bus

5:20 am Bus leaves Byron Nelson High School

5:40 am Bus arrives Bob Jones Park

5:40 am set up camp

5:40-6:40 am Walk course

6:50am- Varsity Elite Men--

 6:52am- Varsity Elite Women-

 7:12am- Varsity Open Men-5K- Max 16 runners

7:14am- Varsity Open Women-5K- Max 16 runners

7:35am- JV Men- 5K- Unlimited

7:37am- JV Women- 5K-

 Women runners will need to be behind the Men on the starting line. Once we start the Men we will start the Women 2 minutes and 30 seconds after. Women's race will not have time to do strides before their race. Therefore, they will need to do all pre race warmups with the boys.

Break down camp and load bus

All times are tentative depending on how fast the race directors run the meet. We will stop and eat on the way home, bring money for lunch. Please be on time for the bus, we will not wait.