Itinerary for The Nike Cross Country South Regionals

November 16th – November 17th

(All times are approximate)

November 16th

10 am – Leave Harmony School of Innovation – Fort Worth

Pit Stop in Temple at Bucee’s

3:00 pm – Arrive at the site of the meet; Bear Branch Park, 5310 Research Forest Drive, The Woodlands, Texas 77380)

We will pick up registration forms and survey the course.

5:00 pm – Arrive at the hotel; **La Quinta Houston North Spring, 24868 I-45 North, Spring, Texas 77386**

Check-in and get ready for dinner.

7:00 pm – Leave for Dinner; The Crust Company

4775 W. Panther Creek Dr.  
Suite 530  
The Woodlands, TX 77381

281-298-8844

Eating pasta for dinner. Best meal to eat before a race.

9:00 pm – Head back to Hotel

11:00 pm – All Lights Out

Very early morning ahead.

November 17th

5:00 am – Wake – Up Call

All 3 or 4 in the room need to get ready for the day. Don’t take forever getting ready for the race.

Between 5:30am and 6:00 am – Meet downstairs for Breakfast.

(My wife and I will supply breakfast fare for the students in the morning.)

6:30 – On Bus to the Meet at Bear Branch Park

EVENT SCHEDULE - (All times are tentative)

7:00am Community race (all ages)   
**7:30am Boys Rising Stars (freshman/sophomore only)   
8:00am Girls Rising Stars (freshman/sophomore only)**   
*8:30am Boys Open 1   
9:00am Girls Open 1   
9:30am Boys Open 2   
10:00am Girls Open 2   
10:30am Boys Open 3   
11:00am Girls Open 3   
11:30am Boys Open 4*   
**12:00pm BOYS CHAMPIONSHIP**   
12:45pm GIRLS CHAMPIONSHIP

Bold races we will run. We will run in one of the boys and girls italicized races.  
  
Read more: [NXR South Regional - Meet Info - Meet Info](http://nxrs.runnerspace.com/eprofile.php?event_id=304#ixzz5QiIQHzxs)

2:00 pm– On the Bus to Lunch; Subway, 3600 FM 1488, Conroe, Texas 77384 (936)273-5209

3:00 pm – Leave for HSI-FW

Pit stop in Temple at Bucee’s

7:00 pm – Arrive back at HSI-FW