



## Galesburg Silver Streak Invitational

**Where:** Lake Storey Park, Galesburg, IL

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**Bus Time: 6:30 A.M.**

**\*\*Be there by 6:20\*\***

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**Race Times: Boys' Varsity 9:40 A.M.**

All Juniors/Seniors

**Boys' Fresh/Soph 11:00 A.M.**

All Freshman/Sophomores

**Girls' Varsity 9:00 A.M.**

**Girls' Fresh/Soph 10:20 A.M.**

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**Directions:** Lake Storey Park on U.S. 150 (West) coming south or north on I-74, take the exit of Route 34 marked to Monmouth. Then take the exit marked U.S. 150 (West). North Lake Storey Road is the first road on the left after going across the bridge. The course will be approximately 3/4 mile down North Lake Storey Road on your left.

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**Awards:** Medals to the Top 30 Finishers – Varsity

Medals to the Top 20 Finishers – Fresh/Soph

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**A few quick reminders:**

\*Parents: Just as last year, I ask that you refrain from being in the team tent, and also working with your runner within one hour of race time. This allows adequate mental and physical preparation for the race, and is similar to basketball, football, baseball, etc.

**\*BRING YOUR WARM-UP regardless of the weather when you wake-up.**

\*Runners are expected to stay for the entire meet, and encouraged to ride the bus back with the team.

\*During the meet, runners are expected to be warming up, racing, cooling down, or cheering on their teammates (girls included) We are all one school.

**\*Per IHSA rules, no cell phones or I-pods may be used on the course.**

**\*Runners should not be using their cell phones during the meet. *This includes after or before your race. These should be kept in your bag.***

\*Remember you represent East Peoria at the meets. Represent your school, your parents, and your teammates well.