

## LHS Boys State XC Info

From: Logan Kelly (logan\_kelly@lovejoyisd.net)

Bcc: dador92@yahoo.com

Date: Friday, October 25, 2024 at 10:50 PM CDT

State XC Parents and Runners:

Congratulations to the boys team and their Regional Championship! This marks the 9th consecutive Regional win for the boys team and the 17th consecutive year we have qualified for the State Championship. We are officially STATE BOUND and in search of a repeat championship.

**Please keep in mind these few important things as your runner prepares for state:**

1. SLEEP IS KEY
2. Nutrition - primarily making sure they are eating enough, but also getting enough protein/iron-rich foods, vitamin C this time of year is not a bad idea
3. Hydration - but not over-hydrating.
4. Mental Management - it's just a race. Don't overthink it. Don't make it more than it is. We will be ready.
5. Avoid "outsiders" as much as possible. Keep parties and sleepovers (Halloween coming up) limited. Don't drink after people. Two years ago RIGHT BEFORE STATE we had a flu epidemic going around the team and a few boys got it. So we want to continue to stay healthy this time of year. We need everyone at 100%.

WINNING A STATE TITLE IS A COMBINATION OF GREAT TRAINING, DEDICATION, GREAT MENTAL PREP, TALENT, GREAT TEAMMATES, AND A BIT OF LUCK ON YOUR SIDE THAT IT ALL FALLS INTO PLACE AT THE RIGHT TIME.

**State Team Breakfast on Friday @ 8:00 AM**

[Donate HERE](#)

PLACE: Harper Jaynes' House, 2300 Whispering Acres Ln., Lucas, TX 75002

**Itinerary**

Friday

- 8:00 AM - Team Breakfast
- 8:45 AM - Depart from Jaynes' house for LHS
- 9:00 AM - Depart from LHS
- 11:00 AM - Lunch in Waco
- 11:30 AM - Depart from Waco
- 1:30 PM - Shakeout at Old Settlers Park
- 2:30 PM - Depart from Old Settlers Park for Hotel
- 2:45 PM - Arrive at Hotel - Check In / Shower
- 6:00 PM - Dinner at Hotel
- Team Meeting after

**Saturday**

- 7:00 AM - Breakfast
- 8:30 AM - Depart from Hotel for Park
- 8:45 AM - Arrive at Old Settlers Park
- 10:45 AM - 5A Girls
- 11:25 AM - 5A Boys
- 11:55 AM (ish) - Awards Ceremony
- Pictures after
- Lunch TBD after
- Depart back to Lovejoy

**Hotel**

Springhill Suites Marriott  
 2960 Hoppe Trail  
 Round Rock

**SATURDAY, NOVEMBER 2**

Time	Conference / Division	Event	Result	Tournament Links
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8:15 am	1A - Girls	3200m		
8:45 am	1A - Boys	5K		
9:30 am	3A - Girls	3200m		
10:00 am	3A - Boys	5K		
10:45 am	5A - Girls	5K		
11:25 am	5A - Boys	5K		

**State Meet Info**[CLICK HERE](#)[PARKING TICKETS HERE](#)

- \$25.00 + service fees - Vehicle with up to two persons.
- \$40.00 + service fees - Vehicle with more than two persons.

**Boys Attending**

Tristan A  
 Joey Reid  
 Will Carlson  
 Aaron Wimbish  
 Tyler Morefield  
 Liam Dunleavy  
 Jack Thompson  
 Jack Reid - 1st Alternate  
 Joe O'Brien - 2nd Alternate  
 Arjun Sharma - 3rd Alternate  
 Adam Morefield - Alternate  
 Ethan Murray - Alternate  
 Caden Gary - Honorary Alternate  
 EJ Morrow - Honorary Alternate  
 Devin Muaina - Honorary Alternate  
 Carter Ewing  
 Adam Rogers

**What to Bring**

- Money for 2 Lunches and 1 Dinner (Racers and 3 main alternates will be given a per diem from the school for meals. Bring extra because it is not a lot that is issued. All other alternates and runners attending will need to bring enough money to cover all meals)
- Black Nike Warm Ups - top and bottom
- Uniform - black shorts and white singlet
- State XC Shirt (from orders)
- Black Nike XC Shirt
- Running shorts
- White, Red, and Black practice tops
- Racing spikes
- Rain Jacket
- Extra running shoes and socks (could get muddy)
- Breakfast items for Saturday Morning.

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**Logan Kelly** | Head Boys Cross Country and Track & Field | SPED  
 Lovejoy High School  
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