**Desert Twilight 2021-Itinerary**

Contact info: To join the Remind group for DTXC2021 – text @dtxc20 to 81010

**Entries:**

**Boys: (alphabetical order)** (8 Individuals)                      
Michael Bryson  
Isaac Buttery  
Joe Jardeleza  
Nate Lumaye  
Collin Morton  
Toby Scarlett  
Stephen Varnier  
Aiden Walker  
**Girls:  (alphabetical order) (7 Individuals)**  
Ella Chura  
Olivia Chura  
Sofia Kunstle  
Bethany Michalak  
Tessa Walter   
Chelsea Webber

Liza Lumaye

**What to bring?**

* AAHS Uniform (singlet, shorts, warm-ups)
* Accessories: Training shoes, racing flats, socks, watch, and water bottle. Bring an extra pair of socks in case the course is wet.
* Everyday clothes, pajamas, swim suit (NO SWIMMING OR HOT TUB UNTIL AFTER THE RACE)
* Toiletries
* Nutritious snacks
* $ for meals (Thursday lunch on your own, Thursday team dinner, Friday brunch or breakfast, Friday lunch on your own, Friday post race meal – may be late, Saturday breakfast on your own)
* $ for race souvenirs (optional)

**Expectations**

* Before we leave, notify your teachers of your absence and complete the absence form. Complete all of your make up work by the time indicated by your teacher on the absence form. You must be academically eligible in order to compete. Coaches will excuse athletes from classes for Thursday, Sept. 23 and Friday, Sept. 24. Let coaches know if your travel time merits a Wednesday absence – we can excuse that if needed.
* While we are in Arizona we are representing AAHS. You are expected to follow all the D20 student-athlete handbook policies and team policies.
* Attend all mandatory team meetings, practices, warm-ups, meals, etc.
* At the hotel you should respect the employees and other guests. Please be quiet in the hallways and at night time. Please clean up after yourself and respect the property. Follow the pool rules. **Boys and girls may not go into each other’s hotel rooms.**
* At the race show good sportsmanship towards the other teams and officials. Stay off of the golf course until it is open for the races. Wear your Air Academy uniform. Cheer on your teammates in their races. Stay for the awards ceremony. Check in with Coaches before you leave.
* Athletes are under the supervision of their parents and/or the adult they are travelling with to Arizona and when not in presence of the coaches at team functions.

**Desert Twilight Itinerary**

[**Meet website**](https://sites.google.com/site/deserttwilightllc/meet-information)

**Thursday September 23rd**

**Athletes travel with parent/guardians**

* Arrive in Phoenix,AZ.
* Check into your hotel. Most all parents and athletes are staying at The Hampton Inn, Queen Creek -20768 E Maya Rd, Queen Creek, AZ 85142
* Coaches are staying at Best Western Superstition Springs, Mesa
* We will have practice from 4:30pm - 5:30pm at the meet location. We will do a pre-meet workout and talk about the course. Not sure yet if we can get on the course the day prior but we will keep you updated. Here is the meet venue address – so you can arrange your hotel in proximity.

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| The LINKS Golf Course  445 E Ocotillo Rd  San Tan Valley, AZ 85140 |

* We will have a team dinner at 7:00 pm – Olive Garden located in the Queen Creek Marketplace -21422 S Ellsworth Loop, Queen Creek, AZ 85142
* After dinner you may return to your hotel. You should rest and prepare for the race. No swimming or going in the hot tub. Lights out early!

**Friday,, September 24th**

* Sleep in a little :)
* We will have a shake out run at 8:30 AM at Mansel Carter Oasis Park
* Diagram

  Description automatically generated  
    
  **Mansel Carter Oasis Park**  
    
  Mansel Carter Oasis Park  
  Queen Creek, AZ 85142  
  United States  
    
  [View on Apple Maps](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmaps.apple.com%2F%3Faddress%3DMansel%2520Carter%2520Oasis%2520Park%2C%2520Queen%2520Creek%2C%2520AZ%2520%252085142%2C%2520United%2520States%26ll%3D33.254740%2C-111.659058%26q%3DMansel%2520Carter%2520Oasis%2520Park%26_ext%3DEiYpOKSGIQigQEAxNYq%2BAIbqW8A5tnmsfS6hQEBBy3VBANbpW8BQAw%253D%253D%26t%3Dm&data=04%7C01%7C%7C58324d5d77b6486afaa108d97ef94157%7C9475cacd18664ccab65fdaed9900cd07%7C0%7C1%7C637680431285668913%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Cyxm64IwNXxlyhVY3NNmsTyL6xJRq%2Fgvxpqk5vlMPhs%3D&reserved=0)
* breakfast afterwards in the Hampton Inn hotel-20768 E Maya Rd, Queen Creek, AZ 85142
* In the afternoon stay out of the sun/heat, do homework, relax, and drink plenty of water. Bring an inspirational running movie!
* Desert Twilight Meet
* Parking at The Links Golf Course if EXTREMELY limited. Here is what the meet director wanted us to tell spectators/parents:
* PARKING IS VERY LIMITED.... and I mean VERY!!! suggestion might be to park at a local shoping area and uber over or walk over.
* Food Trucks and concessions will be back!! Please support them if possible.
* The famous Shirts Ink will be onsite with the coolest shirts ever!! They will also be doing online orders more information to follow.
* Everyone should stay for the awards ceremony of possible at 10:15. I voted yes on the survey to have an awards ceremony. So there may not be one due to Covid concerns.

Below are warmup and race times for our team:

* If we have more than 8 athletes (8 fastest run sweepstakes or championship race) we will enter them in the Small School Division (less than 1800 students) – the entry will be in either the Small School Open or Small School Varsity Division.
* Right now we have 8 entries in the boys division and 7 entries in the girls.
* Girls Small School Open

Arrive at course: 4:30pm

Warmup: 5:00pm

Race time: 6:00pm

* Girl’s Sweepstakes Race (Varsity - top 8)

Arrive at the course: 7:30pm

Warmup: 8:30pm

Race time: 9:30pm

* Boy’s Sweepstakes Race (Varsity - top 8)

Arrive at the course: 7:30pm

Warmup: 8:50pm

Race time: 9:50pm

* Awards: 10:00 pm

**Complete Schedule of Races: See schedule on last page**

**Saturday September 25th**

* Go on a long recovery run between 60 and 80 minutes at 120 to 150 heart rate. You can do this with your teammates or individually.
* Have a great weekend! Safe travels back home!!!!

(there are 3 pages to follow… classwork chart, meet schedule)

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| **Desert Twilight Absence Form**  Dear Teachers,  On September 23rd - September 26th I will be traveling to Queen Creek, AZ to compete in a cross-country meet. This is a great opportunity for me to compete against some of the best runners in the Southwest United States. I will be absent on Thursday September 23rd and Friday September 24th. Please let me know what work I will need to make up and when it is due. Thank you! | | | |
| *Class* | *Make-up work* | *Due date for make-up work* | *Teacher signature* |
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**Tentative: DESERT TWILIGHT 2021 SCHEDULE (8/29/2021)**

3:15 PM Course open for warm-ups

3:40 PM Coaches Meeting at Starting Area

4:00 PM Boys Frosh Small School

4:15 PM Girls Frosh Small School

4:30 PM Boys Frosh Large School

4:45 PM Girls Frosh Large School

5:15 PM Jr. High Boys (1.5 miles)

5:00 PM Jr..High Girls (1.5 miles)

5:30 PM Boys Small Schools Open 1

5:45 PM Boys Small Schools Open 2

6:00 PM Girls Small Schools Open

6:15 PM Boys Large School Open 1

6:30 Pm Boys Large School Open 2

6:45 PM Boys Large School Open 3

7:00 PM Girls Large School Open 1

7:15 PM  Girls Large School Open 2

7:30 PM Girls Small School Varsity

7:45 PM Girls Large School Varsity

8:00 PM Boys Small School Varsity 1

8:15 PM Boys Small School Varsity 2

8:30 PM Boys Large School Varsity

8:40 PM Community Race

9:00 PM Girls Championship

9:15 PM Boys Championship

9:30 PM Girls Sweepstakes

9:50 PM Boys Sweepstakes

10:15 PM Awards