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# ITINERARY

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DAY 1

THURSDAY, NOVEMBER 18<sup>TH</sup>

TRAVEL DAY

6:00am

6:00am - Meet at Corner Canyon High School

- Be On-time! Have your bags packed and ready to board the charter bus.
- Wear running clothes to save time when we run later in the day.
- Eat breakfast before you leave or bring some food for the bus ride.

6:30am

7:00am

7:30am

8:00am

8:30am

8:45am-9:00am – Bathroom Stop - Bathroom break in Beaver, UT

9:00am

9:30am

10:00am

10:30am

11:00am

11:00am – 11:45am - LUNCH – Lunch in Kanab, UT

- Destination – Honey Marketplace - 260 E 300 S
- Food Options:
  - Fastfood - McDonalds, Subway, Big Al's Burger, Lotsa Motsa Pizza
  - Honey Marketplace Grocery store
  - Bring your own food

11:30am

12:00pm

12:30pm

1:00pm

1:30pm

2:00pm

2:30pm

3:00pm

3:30pm – 4-15pm - 35min easy run (warm-up included) + 6 Short strides

- Run in Flagstaff, AZ - Destination – Buffalo Park 2400 N Gemini Rd

3:30pm

4:00pm

4:30pm

4:30pm – 5-15pm – DINNER – Dinner in Flagstaff, AZ

- Destination – Target - 1650 S Milton Rd, Flagstaff, AZ
- Food Options:
  - Fastfood – Wendy's, Raising Canes, Tiki Grill, Five Guys, Arbys, Domino's Pizza, Burger King, Habit Burger, My Pita Wrap
  - Target or Sprouts Farmer's Market Grocery store
  - Bring your own food

5:00pm

5:30pm

6:00pm

6:30pm

7:00pm

7:30pm

7:30pm – Arrive at Hotel

- Destination – SpringHill Suites by Marriott  
225 N Metro Blvd. Chandler, AZ 85226

8:00pm

8:30pm

9:00pm

9:30pm

9:30pm - ROOM CHECKS - Room Checks by Chaperones

\*Athletes must stay in their rooms and be quiet for the remainder of the night to respect the other hotel guests

6:00am

6:30am

7:00am

7:00-8:00am - BREAKFAST - Continental Breakfast available

7:30am

8:00am

8:30am

9:00am – 10:00am – Warm-up, 30min easy run + 6 Short strides

9:00am

9:30am

10:00am

10:30am

11:00am-12:00pm - **Activities** at the Chandler Fashion Center Mall

11:00am

- Large mall with Movie theater, Cornhole, Spikeball, etc

11:30am

- Movie Options: The Addams Family 2 (PG), Ghostbusters Afterlife (PG-13), King Richard (PG-13), Eternals (PG-13), No Time to Die (PG-13), Red Notice (PG-13), Dune (PG-13), Shang-Chi and the Legend of the Ten Rings (PG-13)

12:00pm

12:30pm

12:00-1:15pm - **LUNCH** - Lunch around Chandler Fashion Center

1:00pm

(Destination – 3111 W Chandler Blvd, Chandler, AZ)

1:30pm

- Fastfood – Café Rio, Café Zupas, Chipotle, Five Guys, Rubios, In-n-Out,
- Restaurant – Olive Garden, Red Robin, P.F. Changs, Chili's, Cheesecake Factory, Old Spaghetti Factory
- WalMart Grocery store

2:00pm

2:30pm

3:00pm

3:30pm

3:30pm - **NIKE SOUTHWEST** - Packet-pick-up

(Destination – McClintock High School, 1830 E Del Rio Dr, Tempe, AZ 85282)

4:00pm

4:30pm

5:00pm

5:30pm – 6:30pm – **DINNER** – Lunch around Chandler Fashion Center

5:30pm

(Destination – 3111 W Chandler Blvd, Chandler, AZ)

Food Options:

6:00pm

- Fastfood – Café Rio, Café Zupas, Chipotle, Five Guys, Rubios, In-n-Out,
- Restaurant – Olive Garden, Red Robin, P.F. Changs, Chili's, Cheesecake Factory, Old Spaghetti Factory
- WalMart Grocery store

6:30pm

7:00pm

7:30pm

8:00pm

8:30pm

9:00pm

9:30pm

9:30pm - **ROOM CHECKS** - Room Checks by Chaperones

**\*Athletes must stay in their rooms and be quiet for the remainder of the night to respect the other hotel guests**

|         |   |
|---------|---|
| 6:00am  | 6:00-7:00am - BREAKFAST - Continental Breakfast available   |
| 6:30am  |   |
| 7:00am  | 7:10am – Leave for NXR Event - Shalimar Golf Course   |
| 7:30am  | 7:30am – Course Runthrough (1.5 mile easy run)  |
| 8:00am  |   |
| 8:30am  | 9:05 am Girls Large School Open Race I RED  |
| 9:00am  | 9:25 am Girls Large School Open Race II BLANK   |
| 9:30am  |   |
| 10:00am | 10:30 am Line Up Boys Championship Race   |
| 10:30am | 10:50 am Boys Championship Race BLACK   |
| 11:00am | 11:20 am Line Up Girls Championship Race  |
| 11:30am | 11:30 am Girls Championship Race GREEN  |
| 12:00pm | 12:15 pm Boys Large School Open Race I BROWN  |
| 12:30pm | 12:35 pm Boys Large School Open Race II PURPLE  |
| 1:00pm  | 12:50 pm Boys Large School Open III GREY  |
| 1:30pm  | 1:05 pm Girls Large School Open III TANGERINE   |
| 2:00pm  | 1:45 pm Awards  |
| 2:30pm  | 2:15-3:00pm - LUNCH - Lunch around Chandler Fashion Center  |
| 3:00pm  | 3:30pm - Travel to Castles and Coasters   |
| 3:30pm  | <i>Destination – 9445 N Metro Valley Parkway East, Phoenix AZ 85051</i>   |
| 4:00pm  | <i>Theme park with Minature Golf</i>  |
| 4:30pm  |   |
| 5:00pm  |   |
| 5:30pm  |   |
| 6:00pm  | 7:30pm - Meet to head back to the Hotel/Dinner  |
| 6:30pm  | 8:00pm – 8:30pm – DINNER – Lunch around Chandler Fashion Center   |
| 7:00pm  |   |
| 7:30pm  |   |
| 8:00pm  |   |
| 8:30pm  |   |
| 9:00pm  | 9:30pm - ROOM CHECKS - Room Checks by Chaperones  |
| 9:30pm  | <b>*Athletes must stay in their rooms and be quiet for the remainder of the night to respect the other hotel guests</b> |

- Have your bags packed, rooms cleared and clean, then head down for breakfast.

6:00am

6:00-7:00am - BREAKFAST - Continental Breakfast available

6:30am

7:00am

7:00am - DEPART - Meet at the front of the lobby with your bags.

7:30am

8:00am

8:30am

9:00am

9:30am

9:30am-9:45am – BATHROOM STOP – Bathroom break in Flagstaff, AZ

10:00am

10:30am

11:00am

11:30am

11:45pm – 12:30pm - LUNCH – Lunch in Page, AZ

12:00pm

(Destination – Walmart Supercenter - 1017 Haul Rd, Page, AZ)

12:30pm

1:00pm

1:30pm

2:00pm

2:30pm

3:00pm

3:30pm

4:00pm

3:45pm – 4:00pm - BATHROOM STOP– Bathroom break in Beaver, UT

4:30pm

4:45pm – 5:15pm - DINNER – Dinner in Fillmore, UT

5:00pm

5:30pm

6:00pm

6:30pm

7:00pm

7:15pm - Arrive back at Corner Canyon High School

7:30pm

8:00pm

8:30pm

9:00pm

9:30pm