

Itinerary

NYS Night Time Showcase

*Montgomery, New York
September 30, 2023*



Event	Date	Time	Location
Report to School	September 30th	10:45am	RHS
Bus Departs * Lunch will be provided by Pepper Jacks		11:00am	RHS
Arrive at Hotel		4:00pm	Holiday Inn Express 20 Med Parc Rd Middletown, NY 10940
Depart Hotel for Meet		5:00pm	Twin Ponds Park 531 River Rd Montgomery NY 12549
Meet Starts (See Schedule Below)		6:00pm	Twin Ponds Park
Depart Meet for Hotel		9:00pm	Hotel
Lights Out		11:00pm	Hotel
Wake Up	October 1st	In time to get breakfast & pack	Hotel
Breakfast @ Hotel		7:00am	Hotel Lobby
Depart for RHS		8:00am	BUS
Arrive at RHS		12:00pm	RHS

Hotel Information:

Holiday Inn Express
20 Med Parc Rd
Middletown, NY 10940
845-479-1000

Coach Information

Head Coach: Phil Rogers
Cell: 410 – 212 – 0442

Head Coach: Bobby Gessler
Cell: 240 – 676 – 6185

Cross Country Meet Location:

Twin Ponds Park
531 River Rd, Montgomery NY 12549

Asst Coach: Eric Schuler
Cell: 301 – 785 – 8139

Asst Coach: Rhys Ziemer
Cell: 301 – 807 – 9875

Pick-Up/Drop Off Location:

Reservoir High School
11550 Scaggsville Road
Fulton, MD 20759

Asst. Coach: Laura Guenin
Cell: 443 – 254 – 1339

Inclement Weather Plans:

Prior to Departure: Meet with Athletic Director and Principal to discuss meet and should we depart.

During Trip: Find safest possible area to hold team while inclement weather is present. Contact Athletic Director and Principal.

Emergency Plans:

Contact all necessary parties including principal, athletic director and parents if necessary. Make sure the team is safe, calm, and supervised.

Race Schedule:

Time	Race Name	Athletes	
7:20 PM	JV Boys		
7:40 PM	Varsity Girls		
8:00 PM	Varsity Boys		
8:20 PM	Community 5k		