

Blue Valley Southwest XC / Track & Field

THE MILLS

The Maestro on the Mills is a time/performance challenge that starts on the Coffee Creek trail near Verhaeghe park, then goes north on Quivira & finishes at the 175th St. roundabout. It's a 1.72mi long section with +100ft of elevation gain over both a flat & hilly section. If a runner can run it in the standard below, they will get a rubber bracelet.

<u>Standard</u>	<u>Girls Time - (mi pace)</u>	<u>Boys Time - (mi pace)</u>
Green	13:00 - (7:33)	11:00 - (6:23)
Black	12:00 - (6:58)	10:00 - (5:49)
ELITE	11:00 - (6:23)	9:00 - (5:14)

Times & Results must be recorded with a GPS/Strava or timed by a coach for the attempt for it to count. Below is a link to the Strava Segment.

<https://www.strava.com/segments/32068990>

