

# WAYZATA XC - WEEK 10 & 11- October 17-30, 2011

Monday, October 17 - High School Practice at 2:40. Long Run  
Middle School- Track Mile Timetrial at Central- late practice- pick up at 5:00

Tuesday, October 18 - High School Practice at 2:40 PM. Recovery  
Middle School- practice at Central

Wednesday, October 19 - High School- Track Timetrial 3:40 PM Varsity 3200  
4:00 PM- Heat #1 1600, 4:10 PM- Heat #2 1600  
Middle School- practice at Central

Thursday, October 20 - H.S. (Middle School welcome) Practice at 9:30 AM. at High School  
Pumpkin Pie Run

Friday, October 21 - H.S. (Middle School welcome) Practice at 1:00 PM. at High School- 400s

Saturday, October 22 - JV & Varsity Practice (middle schoolers welcome) at High School at  
9:00 a.m. at High School - 8 Mile Run

Sunday, October 23 - on your own

Monday, October 24 - Junior & Senior Bus leaves for Bassett Creek at 2:00,  
Sophomore & Freshman bus leaves at 2:40 - Lefty Wright Invite  
Seniors & Juniors race at 4:00, Sophomores race at 4:40  
Freshmen & under race at 5:20 Varsity- 10x200 at Bassett Creek  
Middle School Regular Practice at Central

Tuesday, October 25 - Junior Varsity - 5 mile shakeout run. Varsity- taper. Uniform Turn-in.  
MIDDLE SCHOOL Classic Lake Middle School Championship at Freeman Park, Minnetrista  
8th Grade Boys race at 4:00, followed by 8th Girls, 7th Boys, 7th Girls

Wed., October 26 - Varsity bus leaves at 1:30 for Section 6AA Championships at Gale Woods  
Girls Race at 3:40, Boys race at 4:15.

Thursday, October 27- 2:40 PM - JV MILE TIMETRIAL ON TRACK. Pizza & Yearbook survey  
Varsity - Medium

Friday, October 28 - 2:45 pm- long run.

Saturday, October 29- 9:30 am- AT 1000s on Track

Sunday, October 30- on your own

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Our Cross Country Post Season Celebration is Monday evening, **November**  
**28th** (note the change) at Central Middle School at 6:30 PM. Put it on your calendars.