

# WAYZATA MEN'S CROSS COUNTRY- Sept. 11-18

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Sunday, 9/11 – on own

Monday, 9/12- Morning practice at 6:15- optional for high school 2:40 pm- Practice  
Middle School runners practice at Central. **LONG RUN.**

Tuesday, 9/13- Morning practice at 6:15- optional for high school. 2:40 pm- Practice  
Middle School runners practice at Central.

Wednesday, 9/14 - Morning practice at 6:15- optional for high school. 2:40- Practice  
Middle School runners practice at Central.

Thursday, 9/15- Morning practice at 6:15- optional for high school. 2:40 pm- Practice  
Middle School runners race at Wayzata West Middle School. Races start at 4:00- **CLC RELAY MEET**  
**CARBO / CAKEBAKE with girls team at Wayzata West (after Relay Meet)**  
**Seniors bring 32 oz. Spaghetti Sauce; Juniors bring gallon of milk or gatorade;**  
**Sophomores bring two bags of salad (we have enough dressing); Freshmen bring two loaves of French bread**

Friday, 9/16- Morning practice at 6:15- optional for high school. High School practices at 2:40 or races at St. Olaf/  
Ames. St. Olaf & Ames Racers are excused at 1:45. Buses leave at 2:00.  
St.Olaf Race starts at 4:30. (One race with 35 runners.). Ames runners will get an itinerary on Saturday.

Saturday, 9/17- **Metro Invitational at Round Lake Park (Eden Prairie)**

7:30 AM – 2 JV Busses leaves from the High School

8:15 AM – Varsity leave from the High School on a mini bus

9:30 AM – Middle School bus leaves from the High School

9:30 AM – Boys JV races 10:00 AM – Girls JV races

10:30 AM – Boys Varsity races 11:00 AM – Girls Varsity races

11:25 AM – Boys & Girls Jr. High races 11:50 Awards

Teams: Benilde St. Margaret's, North St. Paul, Chanhassen, Osseo, Chaska, Roseville, Cretin- Derham Hall,  
St. Paul Central, Eden Prairie, Maple Grove, Wayzata, White Bear Lake

Sunday, 9/18- on your own

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**LAST CHANCE FOR APPAREL (DUE BY 9/14/11) - Go to [www.wayzata-xc.org](http://www.wayzata-xc.org) for the link.**

**SLEEP-** This week we need to be able to sleep from 9:00 p.m. until 5:45 a.m.

**NO NO- DO NOT SHARE WATER BOTTLES** - we do not need to help spread colds or worse!!

**BREAKFAST FOOD-** High School runners **need** to begin bringing cereal items, spoons, bowls, & cups, milk, juice, etc. Otherwise we will be very hungry this week.

**ACADEMICS-** Begin doing homework right away. Start projects now. Study every night. Do not allow yourself to fall behind- you don't want to have to stay up late cramming or handing in work that is beneath your potential.

**WEBSITE-** [www.wayzata-xc.org](http://www.wayzata-xc.org)

**BOOSTER CLUB** - Join the booster club and support Wayzata athletics.