

Wayzata XC Week 6 Schedule – 9/18 to 9/25

Sun., Sept 18 – run a little on own

Mon., Sept. 19- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Varsity Long; JV- 400s
Middle School- Practice at Central

Tue., Sept. 20- - 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Varsity- 13x400s, JV- medium
Middle School- **Middle School- Minnetonka East - mile-**

Wed., Sept. 21- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Varsity- Medium Run & strides, JV- 10x200s
Middle School- Practice at Central

Thur., Sept. 22- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Varsity- 10x200s, JV- taper
4:00 PM Practice at Central

Fri., Sept. 23 - no morning run.

Griak Racers (to be determined)

change quickly we are taking a bus out to the U of M Golf Course with the boys from Shawnee Mission Northwest- jog & walk the course. When we return to school we will have dinner in the cafeteria with our Apple Valley 7, the SM NW boys & girls & the Wayzata girls)

MUSTANG

Gold Racers Varsity (To be determined)

Excused at 1:15. Bus leaves at 1:30. Race at 3:30. (medals to top 20, ribbons for 21st to 30th)

Green Racers JV (all others in 9th- 12th grade)

Leave at 2:40 for Mustang Invite.- 4:50 pm (medals to top 5 and ribbons for 6th to 20th)

Middle School- athletes from all three middle schools will be picked up by bus and go to Chippewa Middle School for the Mustang Invite. The bus will leave as Coach O'Neill schedules it. The race is at 4:35 pm and it is a combined 7th & 8th Grade race (2500 meters-about 1.55 miles) with medals to top 5 and ribbons for 6th to 20th. The bus will return the middle school runners to Central MS

To Chippewa Middle School- Go east on I-694 to I-35W. Go north on I-35W about a mile to Highway 96. Go east on 96 to Highway 49 (Hodgeson Road). Go north on Hodgeson Road about 1 mile to 5000 Hodgeson Road.

Sat., Sept. 24-

GRIAK- catch bus at 10:30 for Roy Griak Invitational. At 12:20 we will watch the Men's Division I schools race. Our race is at 2:00 The girls will race at 2:50. We will return to Wayzata High School at about 4:57.

Sun., Sept. 25- on own

We need six high school volunteers for Saturday, Sept. 24th to videotape at the Griak Invite. Sign up with Coach Miles.

Griak Invitational admission fee is waived for team members. A team roster has been sent to the University and all team members can get in for free at the main gate. No pets or bikes allowed on the course.

We need athletes to be bringing orange juice, milk, and cereal for breakfast.

Visit our website: www.wayzata-xc.org for news.

The top ten varsity runners are required to be at practice over MEA. Do not schedule any college visits!!

We will be taking about 50 runners to the Swain Invitational on Saturday, October 1st. About 43 high schoolers and 7 middle schoolers. Every senior in good standing is eligible to compete. We will hold out about seven varsity (who will race on October 4th).

Middle School Parents - we need a lot of help to host the Joe Ross Middle School Invitational at Wayzata East on Monday, October 10th from 3:40 to about 5:00. Please volunteer by calling Coach O'Neill at 763-745-6183. No experience necessary.