

WAYZATA MEN'S X-COUNTRY Week 7- Sept 26th- Oct. 2nd

Monday, 9/26- 6:15 AM – Morning Practice 2:45 PM- High School – Medium OD
- Middle School- Practice at Central

Tuesday, 9/27 - - 6:15 AM – Practice 2:45 PM- High School – JV- Fartlek at Kimberly Lane. Varsity- Tempo Run.
Middle School- race at Pamela Park in Edina at 4:00 pm Bus will return you to Wayzata Central at 6:15

Wednesday, 9/28- 6:30 AM – Morning Practice(yoga) 2:45 PM- - High School- Long
- Middle School- practice at Central

Thursday, 9/29- 6:15 AM – Morning Practice 2:45 PM- - High School- Medium & 200s.
Middle School- practice at Central – **Long Run date – please arrange transportation.**

Friday, 9/30 – 6:15 AM – Morning Practice 2:45 PM- - High School- Swain runnersTaper / other JV- Long or Medium
Varsity- 5x1000 @ MVO2

Saturday, Oct. 1- Swain Invitational in Duluth - Bus leaves at 8:00 am and returns at about 10:00 pm.
43 high school runners and 7 middle school runners will run.
Non Swain runners- practice at 9:30 at Central Middle School. Long Run or medium

Sunday, Oct. 2 - Cheer family, friends, and coaches in Twin Cities Marathon.

Visit Team's Unofficial Wayzata-XC website at www.wayzata-xc.org

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 3:30 to about 5:00. Please volunteer by calling Coach O'Neill at 763-745-6183. No experience necessary.

Please join the Booster Club.

High School: we only have about a dozen more morning practices- if you are not in bed by 9:00.... you did not use your time well enough and do not get to come to morning run!!! We have to get better and the means to accomplish that is through work and self discipline. Take care of business now so that we are still in business in November of your senior year.

LAST CARBO- Monday, October 11th at East Middle School- after Joe Ross Meet

Upcoming Meets: High School – Tuesday, Oct. 4th for those who did not race at Swain Invite in Duluth.
Middle School – Thursday, Oct. 7th for all middle school runners