

WAYZATA MEN' S X-COUNTRY

Week 7-Sept 21st-28th

Monday, 9/22- 6:15 AM – Morning Practice 2:45 PM- High School - OD
Middle School- meet at Central – **Long Run date – please arrange transportation.**

Tuesday, 9/23 - - 6:15 AM – Morning Practice 2:45 PM- High School – Varsity – 400s; JV – Hill loops
Middle School- **race at Minnetonka West** at 4:00 pm (West is just south of Hwy 7 on Cty Rd 41)
Bus will return you to Wayzata Central at about 6:00 pm

Wednesday, 9/24- 6:15 AM – Morning Practice 2:45 PM- - High School- OD
Middle School- meet at Central as usual

Thursday, 9/25- 6:15 AM – Morning Practice 2:45 PM- - High School- Taper / 200s
Middle School- meet at Central

Friday, 9/26 - The Griak Racers - change quickly we are taking a bus out to the U of M Golf Course with the girls racing Griak & the athletes from Shawnee Mission NW- jog & walk the course. We return to Central Middle where we will shower & then have dinner in the cafeteria with the SMNW athletes & the Wayzata girls. We will have the mini-bus shuttle some drivers back to WHS to get your cars.

MUSTANG INVITE ON FRIDAY at Chippewa Middle School in Shoreview

JV (9th - 12th grade) Gold racers will be dismissed at 1:30 and leave at 1:45 on the mini-bus.

The rest of us will with leave at 2:35 for Mustang on two buses.

Gold Race- (top 7) – 3:55 pm (medals to top 20, ribbons for 21st to 30th)

Green Race - (runners 8 to 110) – 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 and it should get back at about 7:30.

6:00 pm Mustang Awards Program

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 Hodgson Road about 1 mile to 5000 Hodgson Road.

Saturday, 9/27 - Varsity will catch bus at 10:45 for Roy Griak Invitational. At 12:10 we will watch the Men's Division I Race. Our race is at 1:40.

9:00 a.m. Women's Maroon (Division III) Competition

9:45 a.m. Women's Maroon II (Division II) Competition

10:30 a.m. Men's Maroon (Division III) Competition

11:20 a.m. Men's Maroon (Division II) Competition

12:10 a.m. Men's Gold (Division I) Competition

12:55 p.m. Women's Gold (Division I) Competition

1:40 p.m. High School Boys (Gold)

2:25 p.m. High School Girls (Gold)

3:10 p.m. High School Boys (Maroon)

3:55 p.m. High School Girls (Maroon)

We will leave after the awards ceremony for Wayzata. School will not be open, so shower at home and then get together for dinner and for whatever the team plans.

JV- run long on own and then come out & watch meet. Our team roster was sent in, so you get in for free.

Sunday, 9/28- see runners from Kansas off- then run on own.

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 6th from 3:40 to about 5:00.

Please volunteer by calling Coach O'Neill at 763-745-6183. No experience necessary.

Please join the Booster Club.

Next week we have two races: the Middle School races on Thursday, October 2nd at Freeman Park in Minnewashta in a 1.5 mile race.. On Saturday at Duluth we are limited to 40 high school runners and five middle school runners. We have always brought all seniors in good standing to the Duluth meet and we have 30 seniors this year. As a result, very few underclassmen will be making the Duluth trip. We will post the meet assignments for next week online at www.wayzata-xc.org after 1:00 PM on Sunday, 9/28 and in the locker rooms on Monday, September 29th.

CAKE BAKE COMPETITION & CARBO PARTY ON OCTOBER 3rd AT CENTRAL MIDDLE SCHOOL CAFETERIA AFTER PRACTICE!!!! Beat the Girls at Cake Baking AGAIN!!!!

High School: we only have 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.