

# WAYZATA BOYS XC NEWSLETTER- Week 8 – 9/29- 10/7

**Monday, Sept. 29** - High School- 6:15 AM- morning  
2:45 - "Conference 12" run 400s @ Ply. Crk. Rest of us run Long & strides.  
Middle School- Practice at Central Middle at regular time

**Tuesday, Sept. 30** - HS- 6:15 AM - morning  
2:45 – Conference- 45 to 50 minute steady. Rest of us run 400s @ Ply. Creek.  
Middle School- Practice at Central Middle at regular time

**Wednesday, Oct. 1** – 6:15 AM - morning  
High School - 2:45 – Conf 12- Gale 5x1000. Rest of us 45 to 50 minute steady  
Middle School- Practice at Central Middle at regular time

**Thursday, Oct. 2** - HS- 6:15 AM - morning  
2:45 – Conf 12- 45 to 60. Rest of us 200s @ Kimberly Lane.  
Middle School- **CLC 1.5 MILE MEET at FREEMAN PARK - 4:00 pm**

**Friday, Oct. 3-** High School 6:15 AM- morning 2:30 PM – 2 & strides  
Middle School- practice at regular time  
**CAKE BAKE COMPETITION AT 5:00 AT CENTRAL MS CAFETERIA**  
**Team Carbo at Central Middle School at 5:30 PM.**

**Saturday, Oct. 4- Swain Invitational** - Bus leaves at 8:00 am and returns at about 10:00 pm.  
40 high school runners and 5 middle school runners will run.

Conference 12 will run A.T. at 10:00 AM (Meet at Central Middle School)

**Sunday, Oct. 5** - Cheer family, friends, and coaches in Twin Cities Marathon

**Monday, Oct. 6- JOE ROSS INVITE FOR 7<sup>th</sup> & 8<sup>th</sup> Graders at Wayzata East (4:00 PM)**

**Tuesday, Oct. 7- CLASSIC LAKE CONFERENCE CHAMPIONSHIP @ Gale Woods**

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**Monday, October 6th is the Joe Ross Meet. We need all high school runners to help work it.**

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**Booster club-** less than half of us have joined the Booster Club. It is not too late to join. Money pays for photos, year end booklets, carbos, banquet, breakfast food for high schoolers, transportation to extra meets, Joe Ross ribbons, etc. Please join and help us pay all of our bills. Thank you.

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Check out the **photos** available on the web: [www.wayzatasports.com](http://www.wayzatasports.com)  
and thank Kraig Lungstrom the next time you see him.