

# WAYZATA BOYS XC NEWSLETTER- Week 9 – 10/10- 10/17

**Sunday, Oct. 10** Run on own.

**Monday, Oct. 11** - High School- 6:15 AM- morning.

2:40 – Varsity- Run long and help with Joe Ross Meet at Wayzata East

Middle School- **JOE ROSS INVITE AT WAYZATA EAST. 4:00 PM**

**Team Carbo at EAST MIDDLE SCHOOL at 5:30 PM.**

**Freshmen bring gallon of milk or Gatorade. Sophomores bring 2 french bread.**

**Juniors bring Salad. Seniors bring 2 jars of sauce. Middle School bring desserts.**

**Tuesday, Oct. 12** - HS- 6:15 AM – morning

High School - 2:40 – Regular Practice. Varsity 200s

Middle School- Practice at Central Middle at regular time

**Wednesday, Oct. 13** – 6:15 AM - morning

High School - 2:40 – Regular Practice- Varsity Taper

Middle School- Practice at Central Middle at regular time

**Thursday, Oct. 14– No Morning Practice**

**HIGH SCHOOL - CONFERENCE CHAMPIONSHIPS AT GALE WOODS.**

Varsity excused at 1:30. Mini bus leaves at 1:45. Senior JV excused at 1:45.

Senior JV take bus with Coach Emmons at 2:00. Junior & Soph JV bus leaves at 2:40.

Freshman bus leaves at 3:00 and swings by Central to pick up a dozen Middle Schoolers.

Varsity race at 4:10 (Donahue, Emmons, Harries, Heintzeman, Kabarowski, Long, Moline, Scott, White, Meister, Thorson, Breyer)

Junior Varsity race at 5:20 (everybody else!)

Middle School- Practice at Central Middle at regular time

**Friday, Oct. 15-** High School - 2:40 – Regular Practice

Middle School- Practice at Central Middle at regular time

**Saturday, Oct. 16- JV Practice at 9:30 at Central Middle (Note this is a change!!!)** (Any JV runner who can't make the morning practice may run at 1:00 with the varsity)

Varsity Practice at Central Middle School at 1:00 PM- Cruise 1000s on the Luce Line

**Sunday, Oct. 17** – Run on your own

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**Monday, October 11th is the Joe Ross Meet. We need all high school runners to help work it.**

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**CARBO MONDAY NIGHT AT WAYZATA EAST**

**Freshmen bring gallon of milk or Gatorade. Sophomores bring 2 french bread.**

**Juniors bring Salad. Seniors bring 2 jars of sauce. Middle School bring desserts.**

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APPAREL ORDERS HAVE BEEN DELIVERED- see Coach O'Neill or Coach Miles.