

WAYZATA BOYS XC NEWSLETTER- Week 9 – 10/9- 10/16

Sunday, Oct. 9 Run on own or rest.

Monday, Oct. 10 - 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. 11 - HS- 6:15 AM – morning

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

Middle School- Practice at Central Middle at regular time

Wednesday, Oct. 12– 6:15 AM - morning

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

Middle School- Practice at Central Middle at regular time

Thursday, Oct. 13– **No Morning Practice**

HIGH SCHOOL - CONFERENCE CHAMPIONSHIPS AT GALE WOODS.

Varsity excused at 1:45. Mini bus leaves at 2:00.

JV buses leave at 2:40.

Varsity race at 4:10 (Meister, Sippel, Thorson, Brandt, Breyer, Eastman, Eklin, Nielsen, Olson, Peterson, Rudin, & Santana)

Junior Varsity race at 5:20 (everybody else including any junior high runners who are interested!)

Middle School- Practice at Central Middle at regular time

Friday, Oct. 14- High School - 2:40 – Regular Practice

Middle School- Practice at Central Middle at regular time

Saturday, Oct. 15- JV Practice at 9:30 at Central Middle

(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. 16 – Run on your own

Monday, October 10th is the Joe Ross Meet. We need all high school runners to help work it.

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.