

WAYZATA CROSS COUNTRY-Week 9 - Oct. 8th- 15th

Monday, 10/8 - High School - regular practices - 8 to 10x200 at Kimberly Lane

Tuesday, 10/9- Regular practice for HS (taper) Those wanting letterpoints- help us at East from 3:10 to 5:30.

Middle School- Joe Ross Invite at Wayzata East
4:00 - 8th Boys (3000 m), 4:30 - 7th Boys (3000 m)

CARBO PARTY AT ST. MARY'S OF THE LAKE CHURCH (just east of East Middle)

AFTER THE JOE ROSS MEET - about 5:30 (trivia St. John's Games)

BOYS WILL BRING: 12TH GRADERS: Bread (sliced) 11TH GRADER: Sauce
10TH GRADERS: salads 9TH GRADERS: drinks 7TH AND 8TH GRADERS: Desserts!!!

Wednesday, 10/10

CLASSIC LAKE CONFERENCE MEET at Gale Woods (just west of Mound on Highway 110)

Varsity excused at 1:15. Varsity bus leaves high school at 1:30. JV Buses leave at 2:35.

Boys Varsity races at 4:10. Boys JV races at 5:15.

Both buses return at about 5:55.

Thursday, 10/11- Regular practices for both Middle School & High School (recovery distance).

Friday, 10/12- Regular practices for both Middle School & High School - **long run**

Saturday, 10/13- We will practice at noon and be done by 2:30 pm. Meet at High School

Sunday, 10/14 - Run on own

PARENTS- THIS IS A GOOD WEEK TO GET BOOSTER CLUB MEMBERSHIP FORMS MAILED IN.

SLEEP - GET IT - LOTS OF IT!!!!!!!!!!!!!!!!!!!!!!
